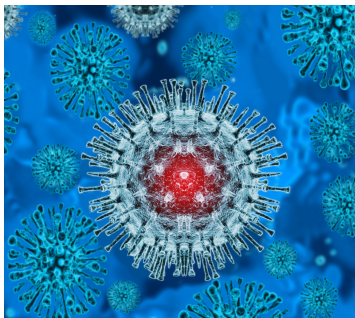


MONKEYPOX

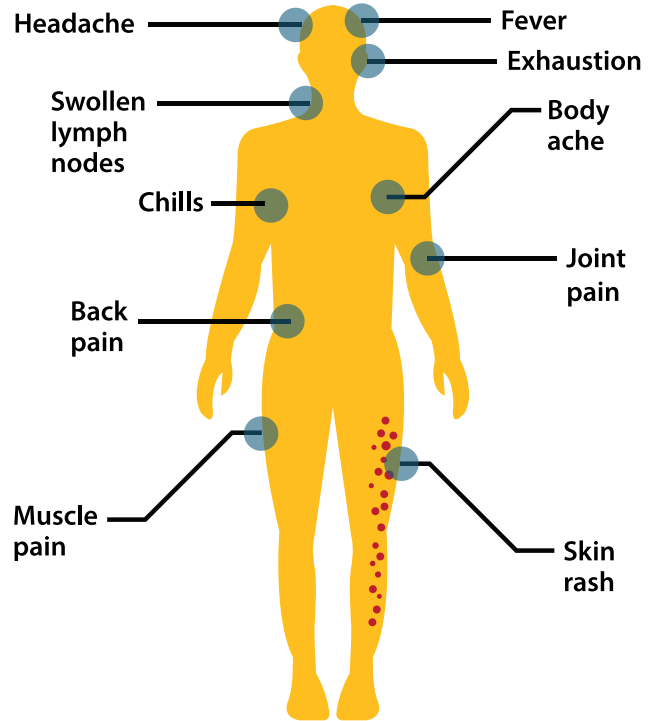
Monkeypox is a viral disease. The virus enters the body through broken skin, the respiratory tract, or the mucous membranes (e.g., eyes, nose, or mouth).

How it spreads:

- 1. Animal to human:** The virus is usually spread from an infected animal to a human through direct contact such as a bite, scratch, or lick. Humans may also become infected if they:
 - a. eat undercooked meat of infected animals.
 - b. come into contact with an infected animal's body fluids.
- 2. Person to person:** People who are infected may pass on the virus through:
 - a. contact with blood, body fluids, lesions on the skin or internal mucosal surfaces such as in the mouth or throat.
 - b. respiratory transmission such as coughing or sneezing.
- 3. Contaminated objects:** People may also become infected by coming into contact with clothing or linens, such as bedding and towels used by an infected person.



Symptoms:



Monkeypox is usually a mild illness and most people recover on their own after a few weeks. However, in some situations people may become very sick and death may occur.

People usually develop symptoms 5 to 21 days after being exposed to the monkeypox virus. Symptoms occur in two (2) stages and typically last from 2 to 4 weeks.

Stage 1 symptoms: may include fever, chills, swollen lymph nodes, headache, muscle pain, joint pain, back pain, and exhaustion.

Stage 2 symptoms: consist of rash (which develops within 1 to 3 days after the fever starts). It often starts on the face or extremities and may last between 14 and 28 days. You can be contagious and spread the virus 1 to 5 days before the rash develops and until the skin is healed.

Managing monkeypox

Contact a health care provider without delay if you are feeling unwell.

Preventing monkeypox

The disease is spread via close contacts. So, infection control measures like physical distancing, handwashing and respiratory etiquette (masking) can help reduce your risk.

Risks of getting monkeypox

Most cases have been in Central and West Africa, but a few cases have been confirmed in Canada.