

What is MONKEYPOX?



MONKEYPOX

VISUAL EXAMPLES OF MONKEYPOX RASH



Photo Credit: NHS England High Consequence Infectious Diseases Network



Common Symptoms

- Fever
- Chills
- Headache
- Muscle aches
- Exhaustion
- Swollen lymph nodes
- New rash or lesions (these usually appear a few days after other symptoms on the face and/or the extremities)

On July 12th, 2022, Public Health Sudbury and Districts (PHSD) reported the first case of monkeypox in the area. It is believed that the individual contracted the virus from the Toronto area, however the risk to the general public remains low from this initial case.

Monkeypox is a viral zoonosis (which means it is transmitted from animals to humans). It is a mild illness, and the majority of those infected recover on their own after a few weeks.

Since 1970, monkeypox has been reported in 11 African countries, and has also been detected in Israel and the United Kingdom in 2018, Singapore in 2019, and the United States in 2021. Studies are currently underway to further understand monkeypox.

People usually develop symptoms 5 to 21 days after being exposed to the virus, and the symptoms usually occur in two stages. Monkeypox typically lasts between 2-4 weeks.

Stage 1: Symptoms appear

Stage 2: Rash develops (typically within 1-3 days after the fever starts). The rash typically starts on the face and/or extremities, but it can affect other parts of the body such as hands, feet, mouth and genitals (the rash usually lasts between 14-28 days and goes through different stages before turning into a scab and falling off)

If you are experiencing any of the above symptoms, please **STAY HOME** and call your healthcare professional

FAQ

How long are you contagious for when you have monkeypox?

- You can be contagious from the onset of your first symptoms until the scabs have fallen off on their own, and the skin is healed.

What is the treatment for monkeypox?

- Currently, there is no "cure" for monkeypox, therefore medication can be provided to relieve symptoms.

Are there different strains of monkeypox?

- Yes. There are two (2): a central African (Congo Basin) strain and a west African strain.

Is there a vaccine for monkeypox?

- A vaccine was approved for use in 2019. This is a two dose vaccine, however availability remains limited and is therefore being distributed in some settings based on exposure.

Does monkeypox come from monkeys?

- Surprisingly, no! Various animals have been linked to monkeypox, such as rope squirrels, tree squirrels, Gambian pouched rats and dormice.

How is monkeypox spread between humans?

- This occurs through close contact with an infected individual through respiratory secretions (coughing, sneezing) and through the skin lesions of an infected person or recently contaminated objects and materials (such as bedding).
 - Transmission can occur between mother and the fetus via the placenta, and also during close contact during birth
 - Transmission can also occur during sexual intercourse



You can limit the spread of monkeypox by washing your hands often, cleaning and disinfecting frequently touched surfaces often, and staying home when feeling unwell.