



PROTECT
YOURSELF!

PROTECT YOUR
PARTNERS!



WHAT YOU NEED TO KNOW

WHAT IS MPOX?

Mpox (formerly known as monkeypox) was first identified in 1970 in the tropical regions of Central and West Africa. Mpox spreads from animals to humans, but also from person-to-person during close contacts with someone who is infected.

SYMPTOMS

Mpox usually causes skin lesions (e.g., rash, ulcers) around the mouth, genitals and anus. Lesions can also appear elsewhere on the body. Other symptoms of the disease can include:

- **Swollen lymph nodes**
- **Extreme fatigue**
- **Muscle and joint pain**
- **Fever**
- **Headaches**
- **Night sweats**

Most cases get better in 2 to 4 weeks without medication.

In rare cases, serious complications can occur in vulnerable people such as pregnant women, children and immunosuppressed individuals.

TRANSMISSION

Mpox spreads through close, prolonged contact (skin-to-skin), especially during intimate or sexual contact.

The disease spreads when a person has physical symptoms (lesions). Once the lesions have disappeared (crusts have formed), transmission ceases.

The first symptoms usually appear within 5 to 7 days after an at-risk contact. In rare cases, symptoms can appear up to 21 days after the at-risk contact.

WHAT TO DO IF YOU HAVE SYMPTOMS

Consult a doctor or health professional immediately. Before your appointment, inform the clinic of your situation.

If you think you have mpox:

- Wear a mask when you are around other people
- If possible, cover the skin lesions with bandages or wear clothing that covers them
- Avoid activities where there is a risk your skin lesions might come into contact with other people
- Avoid sharing any objects (bedding, clothing, utensils, etc.)
- Wash your hands often
- Avoid sexual and other intimate contacts
- If possible, avoid all contact with people who are immunosuppressed, pregnant women and children

IF YOU'VE BEEN IN CONTACT WITH SOMEONE WHO HAS MPOX

Monitor for symptoms for 21 days following your at-risk contact.

The disease can be transmitted a few days before symptoms appear. If possible, avoid sexual and other intimate contacts.

If you live with someone who has mpox:

- Don't sleep in the same bed
- Limit your contacts
- Wear a mask when you are around this person

You could also be eligible for vaccination (see below).

IF YOU HAVE SYMPTOMS, BOOK AN APPOINTMENT

If you think you have mpox or symptoms consistent with the disease, book an appointment right away for a medical evaluation:

- **514-766-3974**

Monday to Friday: 8 a.m.– 6 p.m.

Saturday and Sunday: 8 a.m.– 4 p.m.

- Healthcare staff and community workers can also call to book an appointment for someone who uses their services.

VACCINATION AGAINST MPOX

Mpox vaccination reduces or prevents symptoms.

Did you know that **2 doses of vaccine are needed** to be fully protected?

People eligible for the vaccine:

- Gay, bisexual, heterosexual, pansexual or queer men, and transfeminine, transmasculine, two-spirit, non-binary or non-conforming people who have sexual contacts with at least one male partner
- Sex workers
- Staff or volunteers in LGBTQ+ socialization venues or events where there are sexual contacts
- People who have been in direct contact in the past 14 days (skin-to-skin) with someone infected with mpox.
- People who have been in close physical contact (<1 meter) for at least 3 consecutive hours during the past 14 days (skin-to-skin) with someone infected with mpox.
- People who have been in direct contact in the past 14 days with potentially contaminated objects or bedding in venues where sexual contacts have occurred

VACCINATION IS ACCESSIBLE WITH
OR WITHOUT AN APPOINTMENT

To book an appointment
and for more information:



ccsmtl.ca/mpox

514-644-4545

CHARACTERISTICS OF THE VACCINE

Imvamune is the mpox vaccine authorized by Health Canada and administered in Québec. It is safe and made from inactive virus.

It is similar to other vaccines used in Québec to treat many diseases (e.g., the flu).

EFFECTIVENESS OF THE VACCINE

The vaccine prevents or reduces symptoms of mpox. Two doses are needed to be well protected over the long term.

If a person gets mpox anyway, the vaccine reduces symptoms of the illness.

REACTIONS TO THE VACCINE

The vaccine can cause symptoms such as redness at the site of injection, headaches, fatigue or nausea.

The mpox vaccine is safe. In most cases, the vaccine does not cause any reaction.

WHY GET VACCINATED IF THE ILLNESS CLEARS UP ON ITS OWN

Mpox vaccination prevents the illness or reduces symptoms, whereas recovery is slow and can take several weeks. Symptoms of mpox are visible and evident, and can leave spots or scars on the skin. In rare cases, mpox can cause serious complications requiring hospitalization or even death.

Vaccination also reduces risks of spreading mpox to family, friends and in the community.

PRECAUTIONS AND RECOMMENDATIONS

The Imvamune vaccine is not authorized for use in people under 18 years of age. Québec public health recommends that the benefits and risks of vaccination for individuals under 18 years of age be assessed on a case by case basis.

Although very little data is available about the Imvamune vaccine in pregnant women, no undesirable effects have been reported. Public health recommends that the benefits and risks of vaccination for pregnant or breastfeeding women be assessed on a case by case basis.

It is recommended to wait at least 14 days between getting the Imvamune vaccine and another inactivated or live attenuated vaccine (e.g., flu).

An individual who presents with symptoms consistent with monkeypox should not be given the Imvamune vaccine.

FOR MORE INFORMATION

[Go to the mpox section on the Government of Québec's website \(Québec.ca\)](https://www.quebec.ca/en/health/monkeypox)