

Mpox Video Transcript

Slide 1: How to Protect Yourself from Mpox

Speakers introduce themselves.

Since May 2022, Mpox (formerly known as monkeypox) has been reported in several countries around the world where it is not usually seen, including Canada.

This video presentation will tell you more about Mpox and how people can protect themselves, including by getting the Mpox vaccine.

Slide 2: Land Acknowledgement

This video is being recorded on the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13, signed with the Mississaugas of the Credit and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.

Slide 3: What is Mpox?

Mpox belongs to the family of viruses known as orthopoxviruses, which includes smallpox.

The virus causes symptoms such as fever, headache, swollen lymph nodes and tiredness, followed by a rash and blisters on the skin.

Anyone can get Mpox. However, during the current outbreak, gay, bisexual and other men who have sex with men have been affected the most.

Slide 4: How is Mpox spread?

Mpox typically spreads from someone with the virus to others through:

- Prolonged close contact with respiratory droplets from breathing, talking, kissing, coughing, or sneezing
- Skin-to-skin contact with lesions, blisters, rashes.
- Contact with objects, fabrics and surfaces used by someone who has the virus

In Ontario, Mpox has been mostly spread through close intimate or sexual contact. The virus does not spread through casual contact.

Slide 5: Symptoms

Symptoms of Mpox usually appear 6-13 days after exposure, but can range from 5–21 days. Symptoms include:

- Fever
- Headache
- Muscle aches
- Runny nose
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion/ feeling extremely tired
- Cough or sore throat (sometimes)
- Rash with blisters that can appear one to three days after fever, but in some cases, can appear before fever or other symptoms. The rash usually begins as flat red spots that can look like pimples or heat rash, which turn into blisters and then form a crust.

Most people recover from Mpox on their own within 2 to 4 weeks. However, some people can get seriously sick. Contact a healthcare provider if you have any concerns.

Slide 6: What to do if you have been exposed to Mpox?

If you have been exposed to Mpox you should monitor for symptoms for 21 days. If no symptoms appear you can continue with normal activities. If symptoms develop, isolate and contact a healthcare provider right away.

You can get tested for Mpox at a healthcare provider's office, local walk-in clinic or sexual health clinic. Call in advance to make sure that testing is available.

Slide 7: Get vaccinated if eligible

A vaccine called Imvamune® is approved in Canada for protection against Mpox. It works by teaching your immune system to recognize and fight the virus.

Different groups are eligible for the Mpox vaccine before they are exposed. This is known as pre-exposure vaccination.

This slide lists only some groups eligible for two doses of the Mpox vaccine. For full eligibility criteria please visit our website.

Eligible groups include:

Anyone who self-identifies or has sexual partners who self-identify as belonging to the gay, bisexual, pansexual and other men who have sex with men community AND at least one of the following:

- Had a confirmed sexually transmitted infection (STI) within the last year;
- Have or are planning to have two or more sexual partners or are in a relationship where at least one of the partners may have other sexual partners;

- Recently attended or planning to attend venues for sexual contact like bathhouses and sex clubs, or who work/volunteer in these settings;
- Had or are planning to have anonymous sex, such as using hookup apps to meet sexual partners
- Sexual contacts of someone who engages in sex work.

People who self-identify as engaging or planning to engage in sex work are also eligible for the vaccine, regardless of self-identified sex or gender.

The vaccine can also be used after being exposed to Mpox. When used as post-exposure vaccination, the vaccine should be given within four days, but can be given up to 14 days after the last exposure. Contact Toronto Public Health to get assessed.

Slide 8: About the Mpox vaccine

The Mpox vaccine is safe and effective. It contains a modified virus and cannot give you Mpox.

The vaccine can be used before being exposed to the Mpox virus or soon after exposure.

Eligible people should get two vaccine doses at least 28 days apart.

After you get each dose it takes up to two weeks to build protection.

Slide 9: Two doses needed for the best protection

First and second doses of the Mpox vaccine are available for eligible people at City-run clinics. Check our website for clinic locations across Toronto and book an appointment online.

For stronger and longer protection, it is important to get two doses of the vaccine. It is not known how long protection from a single dose will last.

The second dose is given exactly like the first. It's the same vaccine, the same process and the same dosage. The vaccine does not cause any scarring on your skin. Get vaccinated as soon as possible and before travelling.

If you want to get the Mpox vaccine at the same time as other vaccines, like COVID-19 or flu vaccines, then talk to the clinic nurse to discuss whether this is right for you.

Slide 10: Vaccine Side Effects

The vaccine may cause some side effects. Most are mild to moderate, and do not last longer than 7 days. Common side effects include:

- Redness, pain or swelling at the injection site
- Feeling tired
- Headache

- Muscle aches
- Nausea

Contact a health care provider or go to the nearest emergency department if you have any of these symptoms after getting the vaccine:

- Hives
- Swelling of the face or mouth
- Trouble breathing or shortness of breath
- Chest pain or a pounding heart

Slide 11: Other ways to prevent Mpox

In addition to getting vaccinated, there are other ways to reduce your risk of Mpox:

- Clean your hands often
- Wear a mask in indoor public spaces, when possible
- Consider limiting close contact, including sex partners
- Clean and disinfect frequently touched surfaces often
- Stay home if you have symptoms and talk to a health care provider
- Get vaccinated, if you are eligible

If you use drugs:

- Disinfect surfaces where you prepare and use drugs
- Avoid sharing drug use supplies
- If using drugs with others wear a mask and gloves.
- Cover rashes or blisters if anyone has them.

Visit our website to learn more about Mpox prevention.

Slide 12: Need Health Advice?

We are now going to talk about where you can get more information, including health and vaccine advice.

Telehealth is now called Health Connect Ontario and can be reached by phone at 811 or through online chat. This free service connects you to a registered nurse day or night for confidential health advice. You can check your symptoms, as well as get health recommendations and referrals. OHIP is not required.

Slide 13: Need Vaccine Advice?

Scarborough Health Network's VaxFacts Clinic provides one-on-one consultation with a doctor for accurate information about a variety of vaccines, including the Mpox vaccine. This service is available by appointment for residents across Canada.

Slide 14: Need more information?

Thank you for watching! If you would like more information, please visit our webpage or call the Toronto Public Health Hotline at 416-338-7600. We are open Monday to Friday, from 8:30 a.m. – 4:30 p.m.

You can also get more information about Mpox and the vaccine from the Gay Men's Sexual Health Alliance website. They also have information in various languages.