

# Protect Yourself. Get Vaccinated.

**Public Health Nurses:**  
Jennifer & Christina

December 2022

# I ACKNOWLEDGE

the land I am standing on today is 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. I also acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaty signed with multiple Mississaugas and Chippewa bands.

# What is MPOX?

- A virus belonging to the orthopox family of viruses, which includes smallpox.
- Causes symptoms such as fever, headache, swollen lymph nodes and tiredness, followed by a rash and blisters on the skin.
- Recently spreading in countries that rarely see any cases, including Canada.

*Anyone can get MPOX. However, during the current outbreak, gay, bisexual and men who have sex with men have mainly been affected.*

# How is MPOX spread?

- Typically spreads from a person with the virus to others through:
  - Prolonged close contact with respiratory droplets from breathing, talking, 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.

# MPOX SYMPTOMS



Symptoms include fever, headache, muscle aches, low energy, swollen lymph nodes & skin rash or lesions.



Rash or lesions can appear on the face, hands, feet, genitals, bum & other body parts.



Symptoms typically last 2 to 4 weeks & go away on their own.



If you think you have MPOX, self-isolate & call a health care provider.

# What to do if you've been exposed

- If exposed to MPOX monitor for symptoms for 21 days.
- If no symptoms appear continue with normal activities.
- If symptoms develop then 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.

# Get vaccinated if eligible

Two-Spirit-, non-binary, transgender, cisgender, intersex, or gender-queer individuals who self identify or have sexual partners who self-identify as belonging to the gay, bisexual, pansexual and other men who have sex with men (gbMSM) 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;
- Have attended venues for sexual contact (e.g. bathhouses, sex clubs) recently or may be planning to, or who work/volunteer in these settings;
- Have had anonymous sex (e.g. using hookup apps) or may be planning to; and/or
- Are a sexual contact of an individual who engages in sex work.

Individuals who self-identify as engaging in sex work or are planning to, regardless of self-identified sex or gender.

Other groups also eligible. Check website for details



# What You Need To Know About The MPOX Vaccine:



It is safe, effective,  
& cannot give you  
monkeypox.



It can be given before  
or soon after being  
exposed to the virus.



People at higher risk  
should get vaccinated.



After getting  
a vaccine dose,  
it takes 2 weeks to  
build protection.



Eligible people can  
get 2 doses given at  
least 28 days apart.



# MPOX 2<sup>nd</sup> doses available at City-run clinics



Eligible people can get their 2nd dose at least 28 days after their 1st



2 doses are needed for full protection



A full dose is given exactly like the 1st dose



The vaccine does not cause scarring



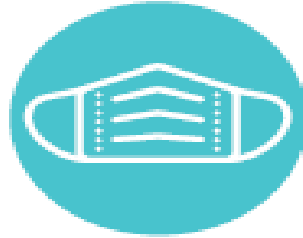
Talk to a health care provider at the clinic if you want to get other vaccines at the same time

- Most side effects are mild to moderate, and do not last longer than seven days.
- Common side effects include:
  - Redness, pain or swelling at the injection site
  - Feeling tired
  - Headache
  - Muscle aches
  - Nausea

# Other Ways to Prevent MPOX



**Clean your hands often**



**Wear a mask in indoor public spaces, when possible**



**Consider limiting close contacts, including sex partners**



**Clean & disinfect frequently touched surfaces often**



**Stay home if you have symptoms & talk to a health care provider**

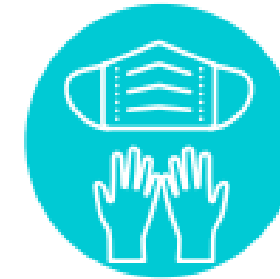


**Get vaccinated, if eligible**

Additional considerations for people who use substances:



**Avoid sharing drug use supplies**



**If using drugs with others, wear a mask & gloves, & cover rashes or blisters if anyone has them**



**Disinfect surfaces where you prepare & use drugs**



**If you think you have MPOX, self-isolate as much as possible & talk to a health care provider**

# Health Connect Ontario - 811

- Connect with a Registered Nurse day or night for free, secure and confidential health advice.
- Check your symptoms, get health advice with referrals to local & specialized services as needed and access to a medical library.
- OHIP not needed. Anonymous calls accepted.

**Online** (including live chat): [Ontario.ca/healthconnectontario](https://ontario.ca/healthconnectontario)

**Call: 811** or toll free TTY line 1-866-797-0007

- **Scarborough Health Network:  
VaxFacts Clinic**
  - One-to-One phone consultation with a Doctor to answer questions about COVID-19 vaccines/treatments, MPOX and other vaccines
  - Don't have to be a Scarborough resident
  - Book an appointment [online](#) or call 416-438-2911 ext. 5738



Our doctors are here to talk  
and answer your questions.

A photograph of a female doctor with a stethoscope around her neck, smiling while talking on a mobile phone. The image is partially obscured by a dark blue and red graphic overlay.

BOOK A ONE-TO-ONE PHONE CONVERSATION  
[shn.ca/VaxFacts](https://shn.ca/VaxFacts) | 416-438-2911 ext. 5738

# Need More Information?

Contact  TORONTO  
Public Health



**416-338-7600** (TTY 416-392-0658)  
Monday to Friday | 8:30 a.m. to 4:30 p.m.  
Language interpretation available



**@TOpublichealth**



More information is also available  
from the Gay Men's Sexual Health  
Alliance website: [gmsm.ca/mpx](https://gmsm.ca/mpx)

