

MPOX

Mpox (formerly known as monkeypox) is a virus that spreads through close, prolonged contact (skin-to-skin), especially during intimate or sexual contact.

Mpox was first identified in 1970 in the tropical regions of Central and West Africa. It 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.

Protection and prevention

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

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: 8:00 AM - 6:00 PM
Saturday and Sunday: 8:00 AM - 4:00 PM

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.

2 doses are needed to be well 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 clinics opening hours

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<p>Point de service local Ville-Marie 955, boulevard de Maisonneuve E, Montréal, H2L 1Z3</p>	<p>With or without appointment</p> <ul style="list-style-type: none"> Monday to Wednesday, 8:00 AM - 6:00 PM Thursday and Friday, 8:00 AM - 4:00 PM Saturday and Sunday, 8:00 AM - 4:00 PM <p>Special schedule for the 2023-2024 holiday season: December 25 and 26, January 1 and 2 : Closed To book an appointment: clicsanté.ca</p>
<p>Point de service local Verdun 4155, rue Wellington, Montréal</p>	<p>With or without appointment:</p> <ul style="list-style-type: none"> Monday to Wednesday, 8:00 AM - 6:00 PM Thursday and Friday, 8:00 AM - 4:00 PM Saturday and Sunday, 8:00 AM - 4:00 PM <p>Special schedule for the 2023-2024 holiday season: December 25 and 26, January 1 and 2 : Closed To book an appointment: clicsanté.ca</p>
<p>Site du CLSC Métro 1801, boul. de Maisonneuve Ouest Montréal, Québec H3H 1J9</p>	<p>With or without appointment</p> <ul style="list-style-type: none"> Friday, 9:00 AM - 5:00 PM <p>To book an appointment: clicsanté.ca</p>
<p>Site de la clinique Chauveau 5455 Rue Chauveau, Montréal, QC H1N 1G8</p>	<p>Appointment only</p> <ul style="list-style-type: none"> Monday to Friday, 10:15 AM - 5:15 PM <p>To book an appointment: clicsanté.ca</p>
<p>Clinique de vaccination de Saint-Laurent Galeries St-Laurent, 2285 A Blvd. Marcel-Laurin, Saint-Laurent, QC H4R 1K4</p>	<p>Appointment only To book an appointment: clicsanté.ca</p>
<p>Point de service Parc-Extension 7101, avenue du Parc, Montréal, QC H3N 1X9</p>	<p>With or without appointment</p> <ul style="list-style-type: none"> Friday, 10:00 AM - 6:00 PM <p>To book an appointment: clicsanté.ca</p>

Help and Resources

Recommendations and information for workplaces

- [Consult the Guide on mpox management in work settings \(French only - last update 18 July 2023\)](#)

Recommendations for clinicians and communication toolkit

- [Consult the professional page on mpox \(French only, but information tools available in English\)](#)

Online references

- [Québec.ca - variole simienne / mpox](#)
- [Québec.ca - vaccin contre la variole simienne / mpox](#)