

Monkeypox

Explain dangers

Monkeypox is a viral zoonotic infectious disease that is caused by the Orthopoxvirus. (Zoonotic diseases are those that can be transferred from animals to humans or vice versa.)

Common ways you can get monkeypox include:

- Person-to-person close contact with respiratory secretions, or contact with skin lesions of an infected person.
- Contact with contaminated surfaces.

Signs and symptoms of monkeypox include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (sore throat, nasal congestion, cough)
- A rash in some or all of the following areas:
 - face and/or mouth
 - genitals
 - perianal area
 - arms and legs
 - hands and feet

A monkeypox rash will go through several stages before healing. It often looks like pimples or blisters.

Monkeypox symptoms typically start within 3 weeks of exposure. The illness lasts between 2 to 4 weeks. For most individuals, monkeypox is fairly mild and resolves without specific treatment. However, individuals with underlying conditions may experience severe illness.

Identify controls

- If you are eligible, consider getting vaccinated. Currently, the Imvamune vaccine is authorized by Health Canada for adults 18 years of age or older. Contact your healthcare provider to see if you are eligible.

- If you think you have monkeypox, isolate and contact your healthcare provider. Testing for monkeypox is available at a most doctor's offices, walk-in clinics, and sexual health clinics. Call in advance to ensure they can test for monkeypox.
- If you have been in contact with someone who has monkeypox, monitor for symptoms for 21 days after exposure.
- Avoid touching skin lesions or rashes on another person.
- If you have skin lesions, consider covering them up to prevent any other person having contact with them.
- Practise proper etiquette. Always cough into your sleeve or into a tissue.
- Avoid touching your nose, eyes and mouth with unwashed hands.
- Regularly clean and disinfect your work equipment.
- Wear gloves if you are handling any bodily fluids or equipment containing bodily fluids.
- Do not share personal items with your co-workers, such as towels and clothing.
- Frequently wash/sanitize your hands. If using an alcohol-based hand rub, ensure it has at least 60% alcohol content. Hands should be washed/sanitized:
 - Before taking lunch/breaks, and before leaving work
 - After you remove your gloves or any other PPE.
 - **Note:** Do not use hand sanitizer if your hands are soiled. Wash your hands instead.
- Notify your supervisor if you feel unwell or have discovered a rash. Do not come to work if you are experiencing any symptoms.

Demonstrate

With your crew, go over your company's illness-reporting procedure. Review:

- Whom to notify when sick
- What the expectations are when you call in sick
- When you can return to work.