

Monkeypox: how to lower your risk.

Monkeypox is caused by a virus not commonly seen in Canada, but it has arrived. No matter your gender or sexual orientation, anyone can get infected and spread the virus if they have close contact with an infected person or their contaminated objects.

Find more information for those at risk [here](#).

WHAT IS MONKEY POX?

It is a virus that causes a rash, which may look like pimples or blisters, often with an earlier flu-like illness. Monkeypox can spread through close, personal, often skin-to-skin contact including:

- Direct contact (including any sexual contact, e.g. oral, anal) with monkeypox rash, sores, or scabs from a person with monkeypox.
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions, through kissing and other face-to-face contact.

WHAT ARE THE SYMPTOMS OF MONKEYPOX?

Symptoms usually start within two weeks of exposure to the virus.

- The first symptoms may be flu-like, such as fever, headache, muscle aches and backache, swollen lymph nodes, chills, or exhaustion.
- Within one to three days of these symptoms beginning, a rash or sores develop. They can be on or near the genitals or anus, as well as on other areas like the hands, feet, chest, or face.
- The sores will go through several stages, including scabs, before healing.
- The sores can look like pimples or blisters and may be painful or itchy.
- Sores may be inside the body, including the mouth, vagina, or anus.

It is important to note that this specific outbreak often has a more unusual presentation which includes:

- Presentation of only a few or even just a single lesion
- Absence of skin lesions in some cases, with anal pain and bleeding
- Lesions may appear at different stages and they may only appear in the genital or perineal/perianal area and do not spread further
- The appearance of lesions before other symptoms begin



How to lower your risk of getting monkeypox at social gatherings?

Before you go: Assess your risk: consider how much close, personal, skin-to-skin contact is likely to occur at the event you plan to attend.

Festivals, events, and concerts where attendees are fully clothed and unlikely to share skin-to-skin contact are safer. However, attendees should be mindful of activities (like kissing) that might spread monkeypox.

A rave, party, or club where there is minimal clothing and where there is direct, personal, often skin-to-skin contact has more risk. Enclosed spaces, such as back rooms, saunas, or sex clubs, where there is minimal or no clothing and where intimate or sexual contact occurs, have a higher likelihood of spreading monkeypox. Stay home if you feel sick or have a rash.

During the gathering: Minimize close contact as much as possible.

After you attend: If you had close personal contact with others, self-monitor for symptoms for 21 days.



What should I do if get diagnosed with monkeypox?

- Self-isolate at home
- Public Health will contact you with recommendations on next steps for you and your close contacts



What should a person do if they have a new or unexplained rash, sores, or other symptoms?

- Contact your health-care provider
- Avoid sex or being intimate with anyone until you have been checked out by a health-care provider
 - Avoid sharing potentially contaminated items such as towels, bedding, etc
 - Limit close contact with those whom you live with i.e., household contacts
- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact
- When you see a health-care provider, be sure to disclose any recent travel to a place with known monkeypox cases or exposure to someone with monkeypox
- Think about the people you have had close, personal, or sexual contact with over the last 21 days, including people you met through dating apps or social gatherings. You might be asked to share this information if you have received a monkeypox diagnosis to help stop the spread



Is there a vaccine?

Our goal is to control the cases and outbreaks and stop monkeypox from becoming widespread in New Brunswick. There is no specific monkeypox vaccine, however the smallpox vaccine can be given to prevent the disease or to reduce the severity of symptoms in people who are at risk of developing severe symptoms. The Imvamune (Monkeypox) Vaccine is currently being offered to eligible New Brunswickers.

The monkeypox Vaccine is now available to cisgender, transgender or two-spirit individuals of any age, who self-identify as belonging to the gay, bisexual or men-who-have-sex-with-men community and who are or plan to become sexually active with more than one partner may now receive two doses of the vaccine as a public health measure to increase protection.

Additionally, individuals who self-identify as sex workers, as well as staff or volunteers in sex-on-premises venues are now eligible.

Imvamune pre-exposure vaccination is now being offered to eligible individuals as a two-dose primary series, with at least 28 days between doses.



How do I book an appointment?

If you meet eligibility criteria for the vaccine and would like to book an appointment, visit: <https://vnb.ableassess.com/VNB/Register> or call 1-833-437-1424.

If individuals choose to book an appointment with a clinic located in a different zone, a postal code from another area may be used.

Individuals who would not prefer to use their name when booking an appointment are encouraged to use the following first and last name below:

First name: Imvamune

Last name: Vaccine

Before arriving at your appointment:

It is important to bring your medicare card to your appointment.

Please ensure your consent is filled out and brought with you.