

# Mpox Key Points

Mpox (formerly known as Monkeypox) is a viral infection. It can cause a rash that may be painful, and can spread from person to person through contact with the lesions or scabs that may be found on the skin or mucosal surfaces (such as the eyes, mouth, throat, genitals, anus, or rectum) of someone who is infected. In Canada, the vast majority of outbreaks in 2S/GBTQ+ people have occurred through sexual contact including oral or anal sex and rimming.

The primary symptoms of mpox are a rash or sores that can affect any part of the body. In addition to the rash, those with mpox may also experience fever, chills, swollen lymph nodes, headache, muscle pain, joint pain, back pain, or exhaustion.

Mpox infection can appear similar to some other infectious diseases or sexually transmitted infections. If you are experiencing symptoms, it is important to consult a healthcare provider for testing.

Vaccination is an important tool in preventing the spread of mpox among ourselves, our partners, and our communities. The mpox vaccine is available for adults 18 years and older, and requires two doses, given at least 28 days apart for full protection.

Regardless of when you received your first dose (i.e. 2022), you can receive a second dose of the mpox vaccine so long as you did not get mpox after your first dose. Getting both doses provides the best protection against mpox in our communities. Visit <https://mpox.ca/resources/> to find the vaccine in your area.

While most mpox cases reported in Canada have occurred through sexual contact among 2S/GBTQ+ people, mpox is constantly evolving and not confined to a specific group or setting. Regardless of sex, gender, sexual orientation, socio-economic status or race, anyone can get or spread mpox.

We are seeing another rise in mpox cases in 2S/GBTQ+ people and communities this year. Our communities have tremendous experience rallying in response to infectious diseases and STIs. During this time, remember to watch for symptoms, get vaccinated, and visit [mpox.ca](https://mpox.ca) to stay informed.

**Our understanding of mpox continues to evolve.  
Visit [mpox.ca](https://mpox.ca) to learn more about Mpox and stay up-to-date.**