

Mpox - What you need to know

If you have had exposure to a suspected or confirmed case of mpox:

SELF-MONITOR daily for symptoms for 21 days from the last exposure.

- Early symptoms may include fever (>38° C), swollen lymph nodes, chills, headache, muscle pain, joint pain, back ache, sore throat, cough, stuffy nose, exhaustion and extreme weakness.
- This is followed by a rash that begins 1-3 days after fever. The rash often begins on the face and the palms of the hands and soles of the feet. The rash may also occur inside your mouth or on your tongue or genitals. The rash will move through stages starting as a flat lesion, progressing to be slightly raised and firm, followed by fluid filled blister with clear and then yellow fluid. Finally, the lesions will crust and fall off.

If you must care for someone with symptoms:

- **WEAR A MEDICAL MASK** when you are physically close to the ill person and disposable gloves when handling their laundry.
- **AVOID CONTACT** with clothing, towels or bedding that the ill person has used.
- **AVOID** skin to skin contact and USE disposable gloves if you have any direct contact with lesions.
- **DO NOT SHAKE LAUNDRY.** Wash ill person's laundry with warm water and detergent.
- **DO NOT SHARE** personal items (toothbrushes, eating utensils) with the ill person. It is not necessary for the infected persons to have separate eating utensils if properly washed. Soiled dishes should be washed in a dishwasher or by hand with warm water and soap.
- **WASH YOUR HANDS** with soap and water or use an alcohol-based hand rub after each contact with the person with symptoms.
- **CLEAN** high touch surfaces frequently (toilets, faucets, doorknobs).

What to do if you develop symptoms:

- **STAY HOME.** DO NOT have VISITORS to your home.
- Call 8-1-1 to determine where to GET TESTED.
- **ISOLATE** in a separate room away from other household members if you have lesions that are draining or that cannot be easily covered (e.g.: on the face) or if you have respiratory symptoms (cough, sore throat, runny nose).
- **SELF-ISOLATE** until lesions have healed. This means scabs have fallen off and new skin can be seen, which usually takes about 2-4 weeks.
- **COVER LESIONS** with clothing, sheets or bandages.
- **DISPOSE** of bandages in the garbage and CLOSE the bag for disposal in trash.
- **DO NOT SHARE** bedding, clothing, towels, utensils or other personal items.
- **AVOID CONTACT** with animals and pets. Other household members should care for pets.
- **WASH YOUR HANDS** often.
- **WEAR A MEDICAL MASK**, when you are physically close to others, especially if you are coughing or have a stuffy nose.
- Most symptoms of mpox go away on their own without treatment.
- **TREAT** a fever with fever-reducing medications. **DRINK** plenty of fluids.
- **SEE** your primary care provider if your lesions seem to be infected (for examples increase in pain, redness, swelling, or drainage).
- Mpox is spread by direct skin-to-skin contact, prolonged face-to-face contact or sharing personal items.
- **LIMIT PHYSICAL CONTACT** with others including sexual contact. This includes kissing, touching, and engaging in sex.

For more information - Visit [Mpox | Emerging Public Health Issues | Government of Saskatchewan](#)