

# What is Monkeypox (Mpox)?

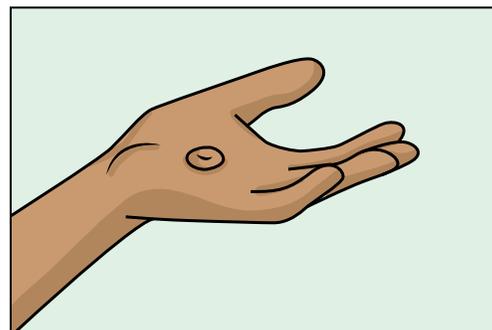
Part 1 of a 3-part series



Alex tells Taylor, "I've been hearing there's Monkeypox going around."



"Do you know what that is?"



"I've heard it's a virus. You can get sores on your skin from it. It starts as a red spot, then turns into a bump that looks like a pimple."



Skin lesions

"Some people only get one sore, while others can get a lot. They can show up anywhere on your body."



Body aches  
or pain

Chills

Fever

Feeling tired

"It can also make you feel like you have the flu. You can get one, some or all of these symptoms. People can experience symptoms differently. Some people may barely feel them while others can get very sick."



"If you get Monkeypox, it lasts about 21 days. You don't need to isolate, but you need to be careful not to spread it to others by covering your sores and wearing a mask."

NOVEMBER						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



"It's good to know what symptoms to watch out for." For information on Monkeypox (Mpox) and the vaccine, contact **HealthLink BC** or call **8-1-1**.

Illustration: Shoshannah Greene

**Continue to Part 2: How does Monkeypox (Mpox) spread?**

# How does Monkeypox (Mpox) spread?

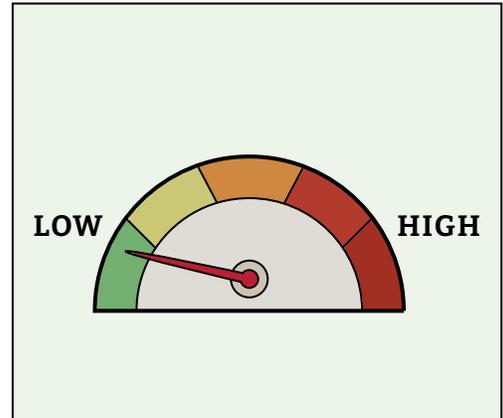
Part 2 of a 3-part series



Alex tells Taylor, "I'm really looking forward to the dance on Friday!"



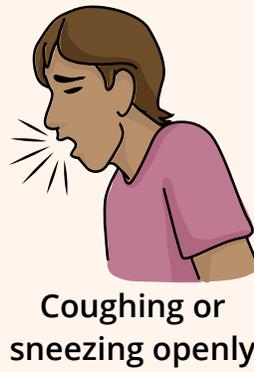
"Do you think I need to be worried about getting Monkeypox?"



"The chances of getting Monkeypox are low, but that can change."



Skin-to-skin contact, including having sex

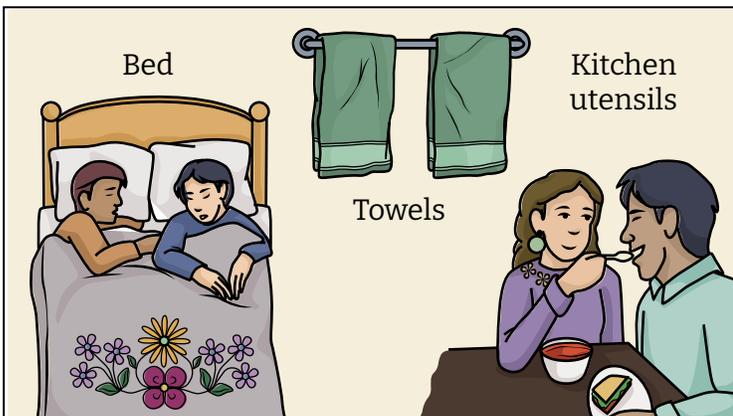


Coughing or sneezing openly



Sharing body fluids

It's good to know how Monkeypox spreads. You can get it when you're in close contact for **long periods of time, meaning more than an hour**, with someone who has Monkeypox.



It's possible you can get Monkeypox by sharing personal items with someone who has Monkeypox.



Keep a distance of 2 metres from someone who has Monkeypox until they are better. For information on Monkeypox (Mpox) and the vaccine, contact **HealthLink BC** or call **8-1-1**.

**Continue to Part 3: What to do if you test positive for Monkeypox (Mpox)?**

# What to do if you test positive for Monkeypox (Mpox)

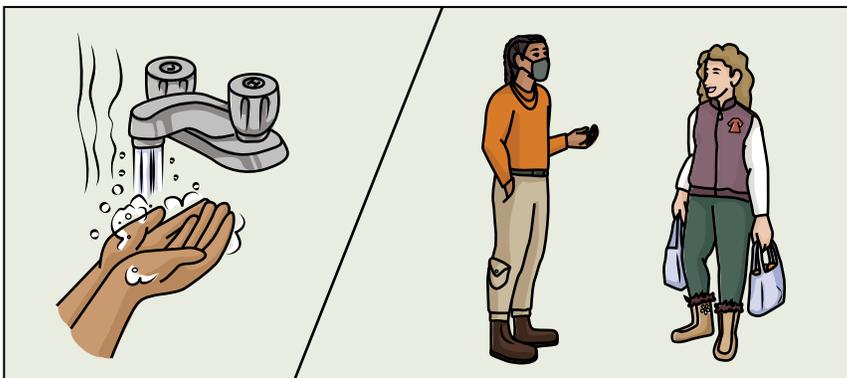
Part 3 of a 3-part series



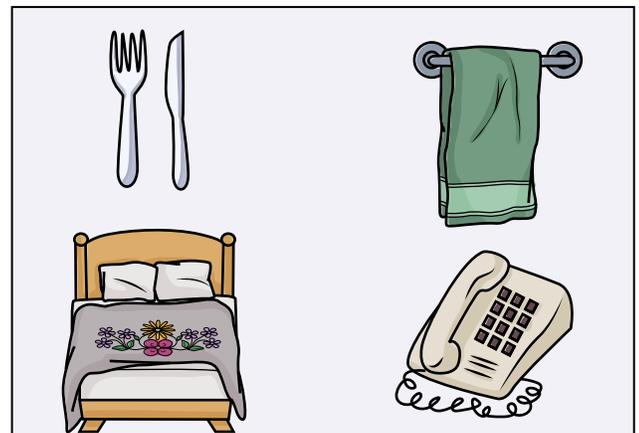
Alex calls Taylor to say, "I'm not feeling well. I have a fever and need to cancel our plans."



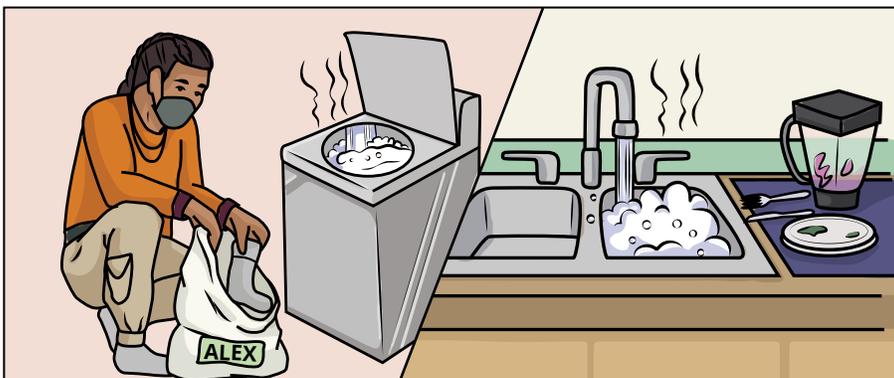
A few days later, Alex notices red spots on their hands and goes to the doctor. The doctor tells Alex, "You have Monkeypox. It's a good idea for anyone you've been hanging out with a lot to get vaccinated."



"You don't have to isolate, but try not to touch others. Wash your hands often, cover any sores or blisters and wear a mask when you are around others."



"Do not share any objects until you're better."



"Wash your bedding, towels and clothes in hot water with detergent separately. Wash your kitchen utensils in hot water with soap."



After 21 days, Alex's scabs fall off and they feel better. Alex makes plans to hang out with Taylor. For information on Monkeypox (Mpox) and the vaccine, contact **HealthLink BC** or call **8-1-1**.