Santé Québec Centre-sud-de-l'île-de-Montréal

Mpox in Montréal: how to protect yourself

October 29, 2026

Current situation

Eight cases of mpox have been reported among Montréal residents since the beginning of September 2026. This recent increase has also been observed in other North American cities, including Toronto and New York.

There are two main groups of the virus, called clade I and clade II. Both are now circulating in Europe and North America. Vaccination helps protect against both clades.

Vaccination is the best way to protect yourself

Two doses of the vaccine are recommended for protection against mpox and to reduce the risk of complications from the disease. The vaccine is free, even if you do not have a health insurance card.

To find out if you can get the mpox vaccine and where to get vaccinated in Montréal, visit our vaccination webpage.

- If you can get the mpox vaccine **and have never** received a dose, make an appointment to receive your first dose.
- **If you already received one dose** at least 28 days ago, make an appointment to receive your second dose.

If you are not vaccinated against mpox and have had close contact with someone with the disease, call a health care professional as soon as possible, even if you do not have symptoms. Receiving the vaccine quickly could help **protect you from the disease.**

To learn more about the vaccine, visit the Government of Québec page on the mpox vaccine.

Do you have symptoms? Contact a health care professional

Mpox can cause bumps or sores on the skin, which can be painful. They can appear anywhere on the body, but are often found on the genitals, around the anus or around the mouth. Other symptoms can include fever, headache, muscle aches, fatigue or swollen glands. The illness generally lasts 2 to 4 weeks.

If you think you may have mpox, contact a health care professional. Call the clinic before you visit to let staff know about your symptoms. Avoid close physical contact, including sexual contact, and cover your lesions whenever possible.

To learn more about what to do if you have symptoms, visit our mpox webpage.