

What is MPOX?

Anyone can get mpox

Mpox is a contagious viral infection and is **typically transmitted through close physical contact, such as sex**, with someone who has mpox. **Anyone can be affected by mpox.** However, sexually active gay, bisexual and other men who have sex with men, non-binary and trans people are at highest risk.


THE SYMPTOMS

Key symptoms



RASHES, BUMPS, BLISTERS
(skin lesions)

Other symptoms




**ANAL PAIN/
DISCOMFORT**



**FEVER &
HEADACHES**



**MUSCLE ACHES
& FATIGUE**



**SWOLLEN
LYMPH NODES**

Symptoms can last 2 - 4 weeks

STAY PROTECTED



GET VACCINATED

Two doses of MPOX vaccine (JYNNEOS® or ACAM2000™) are needed for best protection.

Free vaccinations without a Medicare card are available.



MAINTAIN GOOD HYGIENE PRACTICES

Wash hands with soap and water.







PROTECT YOURSELF*

Use a condom and avoid sharing sex toys.

*Condoms may not always prevent mpox depending on location of skin lesions.

WHAT TO DO IF YOU HAVE SYMPTOMS

-  **Make an appointment with your doctor or at a sexual health clinic and ask to be tested for Mpox.**
-  **Limit contact with others, including sexual contact,** until the skin lesions are completely healed and cleared.
-  **Wear a mask** in closed public spaces and **cover rashes/sores** (where possible).
-  **Stay informed** for more tips and updated information on ways you can limit the risk of mpox.
 - Thorne Harbour Health bit.ly/MPOX-Thorne
 - Better Health Channel bit.ly/MPOX-better-health



Scan to find out where to get the vaccine.

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