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| Mpox  |
| Information for gay, bisexual and other men who have sex with men. |
| OFFICIAL |

# What is mpox?

Mpox (formerly known as monkeypox) is a disease caused by the monkeypox virus. It usually causes a mild illness with a rash. It’s mostly spread through prolonged physical or intimate (skin-to-skin) contact with someone who has mpox. Most people recover within a few weeks.

# Prevention of mpox

Vaccination against mpox is an important preventative measure. Two doses are required for optimal protection against infection and severe disease. No vaccine is 100 per cent effective, and infection may occur in people who are vaccinated.

Avoid contact with people with suspected or confirmed mpox. This includes touching potentially contaminated materials, like bedding or towels.

Consider limiting your number of sexual partners and swap contact details. Consider limiting sexual partners for three weeks after returning from countries where there are mpox outbreaks.

Condoms may not be enough to prevent catching mpox as it is spread from skin-to-skin contact. Maintain good hygiene by washing your hands with soap and water or using alcohol-based sanitiser.

If you are unvaccinated, or have only had one dose, and have been exposed to someone with mpox, getting a vaccine (preferably within four days after exposure), may reduce your risk of getting mpox. Speak to your GP or sexual health clinic about getting vaccinated.

# Mpox immunisation

In Victoria, the mpox vaccine is available free-of-charge for eligible people.

It helps to reduce the risk of infection and severe disease in:

* [**eligible high-risk groups**](https://www.health.vic.gov.au/infectious-diseases/monkeypox#vaccination) <https://www.health.vic.gov.au/infectious-diseases/monkeypox#vaccination>
* certain people who have had recent high-risk exposure to mpox.

Two doses of the vaccine, given four weeks apart, are required to lower your risk or chance of catching mpox.

The mpox vaccine takes approximately 2 weeks before it is effective. If you have received your first dose at least four weeks ago, make sure you get your second dose.

Mpox vaccines are widely available through sexual health clinics, public hospitals, general practitioners, Aboriginal health services, some councils and community pharmacies. Find a provider in your area on the [**Better Health Channel**](https://www.betterhealth.vic.gov.au/mpox-immunisation-providers) <https://www.betterhealth.vic.gov.au/mpox-immunisation-providers>.

# More information

Scan to read more about mpox, vaccinations and vaccine eligibility criteria on the [**Better Health Channel**](https://www.betterhealth.vic.gov.au/mpox) **<** **https://www.betterhealth.vic.gov.au/mpox>**



More information on safer sex, social gatherings and mpox from the [**Centers for Disease Control and Prevention**](https://www.cdc.gov/poxvirus/mpox/prevention/sexual-health.html) **<https://www.cdc.gov/poxvirus/mpox/prevention/sexual-health.html>**

General information on mpox from the [**World Health Organization**](https://www.who.int/news-room/questions-and-answers/item/monkeypox) **<https://www.who.int/news-room/questions-and-answers/item/monkeypox>**

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