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| Social media pack |
| Mpox – 2024 |
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Since April 2024 there has been a growing outbreak of mpox cases in Victoria. Local transmission is occurring in Australia, and anyone developing symptoms that may be consistent with mpox should seek medical care.

Anyone who has prolonged physical or intimate contact (skin-to-skin contact) with someone who has mpox can become infected. People most at risk are gay, bisexual and other men who have sex with men, those who are travelling to countries with outbreaks, and those with multiple sexual partners or attending large parties or sex on premises venues.

The aim of this social media pack is to raise awareness about MPX, symptoms, prevention, and encourage vaccinations for eligible people and high-risk groups.

# Key messages

* Mpox is a disease caused by infection with the monkeypox virus.
* Anyone who has close contact with a person with mpox is at risk.
* Two doses of mpox are required for optimal protection against transmission and severe disease. If you haven’t had your second dose, get it now.
* Mpox vaccine is widely available in Victoria, free-of-charge for eligible people through GPs, community pharmacies, sexual health clinics, health services and selected councils.
* No vaccine is 100 per cent effective, and infection may occur in people who are vaccinated.
* Mpox can be prevented by reducing your risk of exposure. Consider limiting your number of sexual partners during the current outbreak and ensuring that you have their contact details. Consider limiting sexual partners for three weeks following your return from overseas countries where there are active 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.

# Helpful links

* [Mpox immunisation providers](https://www.betterhealth.vic.gov.au/mpox-immunisation-providers) <https://www.betterhealth.vic.gov.au/mpox-immunisation-providers>
* [General mpox information](https://www.betterhealth.vic.gov.au/mpox) <https://www.betterhealth.vic.gov.au/mpox>
* [Social media assets](https://dh.au.canto.com/v/Mpox/landing?viewIndex=1) <https://dh.au.canto.com/v/Mpox/>
* [Mpox posters](https://dh.au.canto.com/v/Mpox/)<https://dh.au.canto.com/v/Mpox/>

# Suggested social posts

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| Suggested text | Tile |
| Are you eligible for the free mpox vaccine? Protect yourself and your loved ones from this virus.  Find out if you qualify and get vaccinated today.  Find your nearest vaccination centre here: <https://www.betterhealth.vic.gov.au/mpox-immunisation-providers> |  |
| Travelling soon? If you're heading to a country with mpox outbreaks, make sure to get vaccinated before you go.  Stay healthy on your adventures and protect those around you.  Check your eligibility and find a vaccination site near you: <https://www.betterhealth.vic.gov.au/mpox-immunisation-providers> |  |
| Got your first dose of the mpox vaccine? If it's been 28 days, it's time for your second dose!  Give yourself the best protection from transmission and disease severity by getting your second dose.  Find out where here: <https://www.betterhealth.vic.gov.au/mpox-immunisation-providers> |  |
| Monitor for mpox symptoms, especially if you’ve been in contact with someone who has mpox.  Symptoms include rashes, swollen lymph nodes, fever, and muscle aches.  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.  Find your nearest vaccination centre here: <https://www.betterhealth.vic.gov.au/mpox-immunisation-providers> |  |