

Mpox awareness communications toolkit

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Department
of Health

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About mpox

Mpox is an infection caused by the monkeypox virus. Since April 2024, we have seen an increase in mpox cases across Victoria.

Anyone can catch mpox. Currently, people at most risk are gay, bisexual, and men who have sex with men, sex workers and their sexual partners. Vaccination is a safe and effective way to protect yourself and others against severe illness from mpox.

This toolkit has been developed to help you communicate with your local community, and aims to increase public awareness of mpox, its symptoms, importance of vaccination and the need to seek medical help fast.

Assets can be downloaded from [Mpox Community Resources](https://www.health.vic.gov.au/infectious-diseases/mpox-monkeypox#community-resources) <<https://www.health.vic.gov.au/infectious-diseases/mpox-monkeypox#community-resources>> and the links provided.

If there are any other assets that would be helpful for you to engage with your community, please contact the public health communications team by emailing pph.communications@health.vic.gov.au.

Key messages

About mpox

- There is an ongoing outbreak of mpox in Victoria.
- Mpox is a disease caused by the monkeypox virus.
- Anyone can get mpox, so it is important you know the symptoms, how to protect yourself and what to do if you think you might have it.
- For more information visit betterhealth.vic.gov.au/mpox

How the virus spreads

Mpox is usually spread through prolonged skin-to-skin contact with a person who has the virus including:

- Touching mpox sores or fluids from sores
- Sexual activity
- Sharing items that have been in contact with sores, such as bedding and clothing.

Key messages

Mpox symptoms

Symptoms of mpox can include:

- Skin rash, pimple-like lesions or sores (including in areas that are hard to see such as the genitals, anus or buttocks)
- Fever or chills
- Headache
- Muscle or back aches
- Swollen lymph nodes
- Fatigue
- If you think you have mpox, it is important to get tested.
- Getting tested for mpox is quick, easy and free.
- Speak to your doctor or contact your local sexual health clinic.

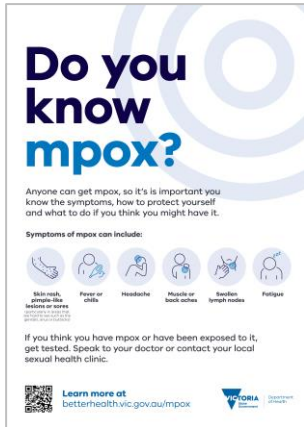
Mpox vaccination

- Currently, people at most risk of mpox in Victoria are gay, bisexual, and men who have sex with men, sex workers and their sexual partners.
- If you are eligible, get vaccinated and protect yourself from mpox.
- Vaccination is a safe and effective way to protect yourself and others against severe illness from mpox.
- Vaccination is free for eligible people, and no Medicare card is required.
- Vaccination is available at sexual health clinics across Victoria and some GPs.
- To find clinics and book an appointment, visit betterhealth.vic.gov.au/mpox-immunisation-providers

Posters

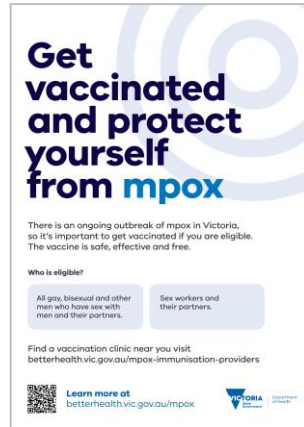
These posters provide messaging on mpox symptoms, vaccination, testing and for use in high-risk settings.

Download and print them for display.



General

[Download now](#)



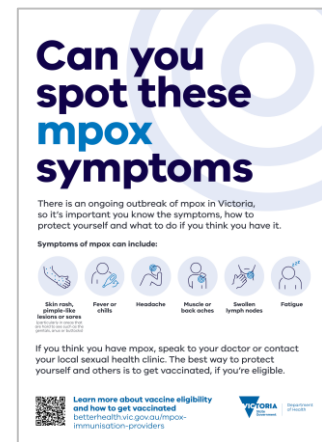
Vaccination

[Download now](#)



Testing

[Download now](#)



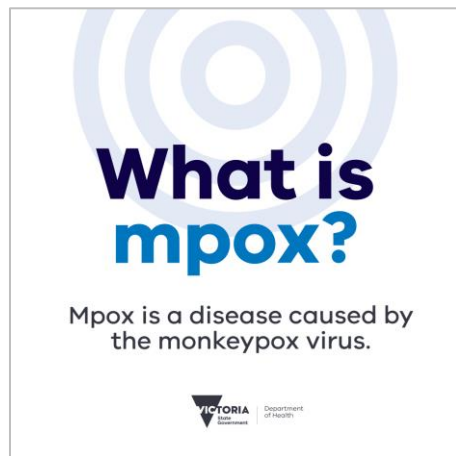
High risk settings

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Social media

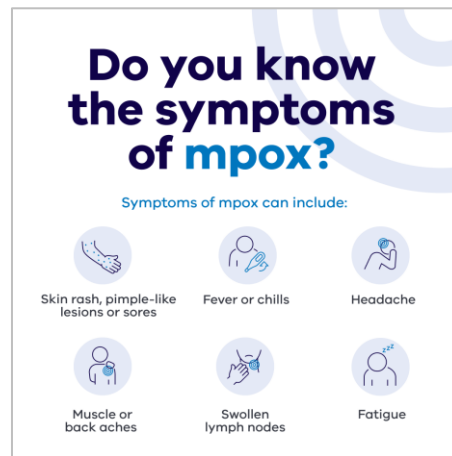
Social tile 1 - [download now](#)



Post copy

- There is an ongoing outbreak of mpox in Victoria.
- Mpox is a disease caused by the monkeypox virus.
- Anyone can get mpox, so it is important you know the symptoms, how to protect yourself and what to do if you think you might have it.
- For more information visit betterhealth.vic.gov.au/mpox

Social tile 2 - [download now](#)



Post copy

Symptoms of mpox can include:

- Skin rash, pimple-like lesions or sores (particularly in areas that are hard to see such as the genitals, anus or buttocks)
- Fever or chills
- Headache
- Muscle or back aches
- Swollen lymph nodes
- Fatigue

Symptoms normally begin 3 to 21 days after exposure to the virus. If you have symptoms, avoid close contact with other people and get tested. Speak to your doctor or contact your local sexual health clinic.

For more information visit betterhealth.vic.gov.au/mpox

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Social media

Social tile 3 - [download now](#)



Post copy

Mpox is spread through prolonged skin-to-skin contact with a person who has the virus including:

- Touching mpox sores or fluids from sores
- Sexual activity
- Sharing items that have been in contact with sores, such as bedding and clothing

You can protect yourself from mpox by avoiding close contact with anyone who has symptoms, practicing good hand hygiene, and staying informed about risks.

For more information visit betterhealth.vic.gov.au/mpox

Social tile 4 - [download now](#)



Post copy

If you think you have mpox or have been exposed to it, get tested.

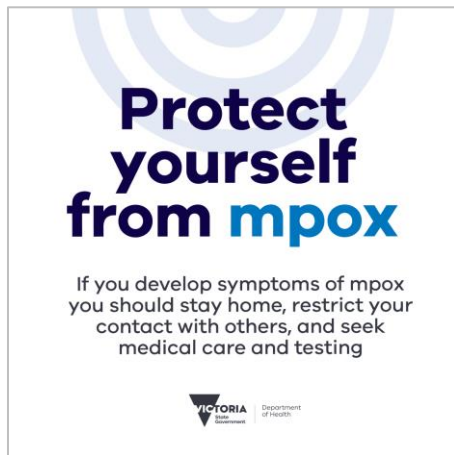
Speak to your doctor or contact your local sexual health clinic

For more information visit betterhealth.vic.gov.au/mpox

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Social media

Social tile 5 - [download now](#)



Post copy

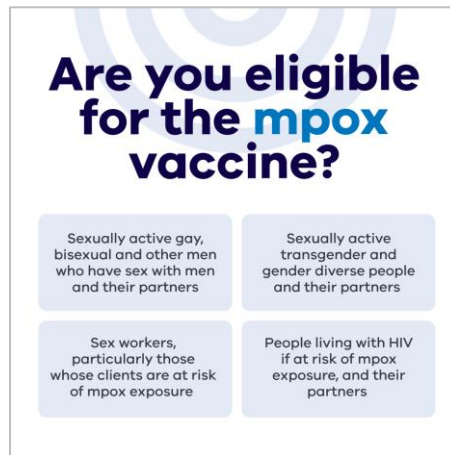
You can protect yourself from mpox by avoiding close contact with anyone who has symptoms, practicing good hand hygiene, and staying informed about risks.

If you have symptoms, get tested.

Get vaccinated if you are eligible.

For more information visit betterhealth.vic.gov.au/mpox

Social tile 6 - [download now](#)



Post copy

Currently, people at most risk of mpox in Victoria are gay, bisexual and other men who have sex with men, sex workers and their sexual partners.

Get vaccinated and protect yourself from mpox.

Vaccination is a safe and effective way to protect yourself and others against severe illness from mpox. Vaccination is free for eligible people, and no Medicare card is required.

Vaccination is available at sexual health clinics across Victoria and some GPs.

To find clinics and book an appointment, visit betterhealth.vic.gov.au/mpox-immunisation-providers.

Factsheet

This factsheet provides information on mpox, symptoms, vaccination and testing.

[Mpox factsheet](https://www.health.vic.gov.au/sites/default/files/2025-01/mpox-factsheet-for-general-public-january-2025.docx) <https://www.health.vic.gov.au/sites/default/files/2025-01/mpox-factsheet-for-general-public-january-2025.docx>

Mpox

Information on mpox (monkeypox)

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What is mpox?

Mpox (formerly known as monkeypox) is a disease caused by the monkeypox virus. It normally causes a mild illness with a rash. Mpox does not spread easily between people and is usually spread through close skin-to-skin contact with a person who has the virus. Close skin-to-skin contact can look like touching mpox sores or the fluid from the sores, intimate skin-to-skin contact including touching, kissing, and oral, vaginal or anal sex. It can also be spread through contact with clothing or objects (bedding or towels) used by someone with mpox, and through respiratory droplets (coughs and sneezes). People may be infectious up to four days before they develop their first symptoms until all lesions crust over, dry and fall off with a new layer of skin forming underneath, and other symptoms have resolved. Most people recover within a few weeks.

Symptoms of mpox

Symptoms of mpox may develop up to 21 days after contact with an infected person. Symptoms can include a rash, that can be painful and affect any part of the body, including the genitals, area around the anus and buttocks, inside the mouth, face, hands and arms, feet and legs.

The rash may involve vesicles, pustules, pimples or ulcers and the number of lesions can vary. The rash may change and go through different stages, like [stuckempox](#), before finally becoming a scab that falls off.

Other symptoms that can occur before or alongside the rash, include:

- swollen lymph nodes
- sore throat
- fatigue
- exhaustion
- anal and rectal pain
- muscle aches
- headache
- pain during urination

Symptoms can resemble sexually transmitted infections (STIs) like [herpes](#) or [syphilis](#) as well as other diseases with a rash such as [measles](#) or [chickenpox](#).

Most people have a mild illness and recover within a few weeks, but some people may develop severe disease and require hospitalisation. Children, pregnant women and people who have a weakened immune system are considered at higher risk of developing severe disease.



Figures: These figures are examples of what the mpox rash can look like.
Image source: [Health.vic.gov.au](https://www.health.vic.gov.au/mpox/mpox-image)



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Prevention of mpox

Vaccination against mpox is an important preventative measure. Two doses of the vaccine are required for the optimal protection against infection and 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, clothing or towels.

Consider limiting your number of sexual partners during periods of increased transmission and swap contact details with new partners. 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 mostly 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 GPs 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](#)
 - certain people who have had recent high-risk exposure to mpox.
- Two doses of the vaccine, given at least 28 days apart, are required to lower your risk or chance of catching mpox.

The mpox vaccine takes approximately 14 days before it is effective. Ensure you get your second dose at least 28 days after your first dose to maximise your protection.

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

More information

Sign to read more about mpox, vaccinations and vaccine eligibility criteria on the [Better Health Channel](#) <<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/coronavirus/mpox/prevention/sexual-health.html>>
General information on mpox from the [World Health Organization](#) <<https://www.who.int/news-room/questions-and-answers/item/mpox-2022>>

To receive this publication in an accessible format email PublicHealth.communications@health.vic.gov.au

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Translated assets

Translated information on [mpox](#)

<<https://www.betterhealth.vic.gov.au/mpox>>

Arabic [العربية](#)

Chinese simplified [简体中文](#)

Chinese traditional [繁體中文](#)

Filipino [Tagalog](#)

Hindi [हिन्दी](#)

Indonesian [Bahasa Indonesia](#)

Malay [Bahasa Melayu](#)

Portuguese [Português](#)

Spanish [Español](#)

Thai [ภาษาไทย](#)

Viruela del mono (Mpx - Spanish)

Resumen [Read the full fact sheet](#) +

- La viruela del mono es una enfermedad causada por el virus de la viruela del mono.
- No se propaga fácilmente entre las personas y suele ocurrir a través de contacto físico o íntimo (piel con piel) prolongado con una persona infectada.
- Si desarrolla síntomas, debe buscar atención médica y hacerse una prueba, y limitar su contacto con otras personas hasta que obtenga el resultado de la prueba.
- La vacuna contra la viruela del mono está ampliamente disponible en Victoria y, si usted cumple los requisitos, ya se puede vacunar.
- Las personas que hayan recibido la primera dosis hace al menos 28 días deben recibir la segunda.
- Para las personas que reúnan los requisitos la vacunación es gratuita por medio de las clínicas de salud sexual y servicios sanitarios.

एमपॉक्स (Mpx - Hindi)

सारांश [Read the full fact sheet](#) +

- एम्पॉक्स मॉन्कीपोक्स वायरस के कारण होने वाली बीमारी है।
- हाइ लोगों के बीच अक्सर से सट्टी फैलती है और सामान्य रूप से किसी संक्रमक व्यक्ति के साथ से सस्य तक शारीरिक या अंतरंग (त्वचा से त्वचा) संपर्क के कारण होती है।
- यदि आपको शरीर में लक्षण विकसित होते हैं, तो आपको चिकित्सीय देखभाल व परीक्षण करने चाहिए और जब तक आपको अपने चिकित्सक के परिणाम वापस न मिल जाते, तब तक दूसरों के साथ अपना संपर्क सीमित करना चाहिए।
- विरुदीरिया में एम्पॉक्स वैक्सीन व्यापक रूप से उपलब्ध है, और यदि आप चाहें तो आप अपनी टीका तुरंत सक्ते/लेंगे हैं।
- जिन लोगों ने कम से कम 28 दिन पहले अपनी पहली बुछाक ली है, उन्हें अपनी दूसरी बुछाक प्राप्त करनी चाहिए।
- यौन स्वास्थ्य क्लीनिकों और स्वास्थ्य सेवाओं के माध्यम से यात्रागुछर लोगों के लिए टीकाकरण निशुचक उपलब्ध है।

Mpox (Filipino)

Buod [Read the full fact sheet](#) +

- Ang mpox ay isang sakit na dulot ng monkeypox virus.
- Hindi ito madaling malapasa sa ibang tao at karaniwan itong sanhi ng matagal na pisikal o intimate (balat sa balat) na pakikipag-ugnayan (contact) sa isang nakakahawang tao.
- Kung magkaroon ka ng mga sintomas, dapat kang humingi ng medikal na pangangalaga at magpasiuri, at limitahan ang iyong contact sa iba hangga't hindi mo pa nakukuha ang resulta ng iyong pagpasiuri.
- Ang bakuna laban sa mpox ay malawakang makukuha sa Victoria, at kung ikaw ay karapat-dapat, maaari ka nang magbabakuna.
- Ang mga taong nakatanggap ng kanilang unang dosis nang hindi bababa sa 28 araw na nakakaraan ay dapat tumanggap ng kanilang pangalawang dosis.
- Ang pagbabakuna ay libre para sa mga karapat-dapat na tao sa pamamagitan ng mga klinika para sa kalusugang sekswal at mga serbisyong pangkalusugan.

Mpox (Portuguese)

Resumo [Read the full fact sheet](#) +

- Mpox é uma doença causada pelo vírus da varíola dos macacos.
- Não se espalha facilmente entre as pessoas e geralmente é causada por contato físico ou íntimo prolongado (pele a pele) com uma pessoa infectada.
- Se desenvolver sintomas, você deve procurar atendimento médico, fazer exames e limitar seu contato com outras pessoas até receber o resultado do exame.
- A vacina Mpox está amplamente disponível em Victoria e, se você for elegível, poderá ser vacinado agora.
- As pessoas que tomaram a primeira dose há pelo menos 28 dias deverão receber a segunda dose.
- A vacinação está disponível gratuitamente para pessoas elegíveis através de clínicas de saúde sexual e serviços de saúde.

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