

Key information for mpox close contacts

What is mpox?

Mpox is an illness caused by a virus.

The first symptoms of mpox usually start 7–14 days (but can appear 5–21 days) after exposure to mpox.

How mpox is spread

Mpox is not easily spread from person to person. It is less infectious than some other diseases such as measles or COVID-19. You are more likely to have caught mpox if you have had close physical or sexual contact with someone who has mpox.

The virus can be passed on through:

- skin-to-skin: such as touching or vaginal/anal sex
- mouth-to-mouth: such as kissing
- mouth-to-skin: such as oral sex or kissing the skin
- touching clothing, bedding, towels, and some other objects (including sex toys) used by someone with mpox rash

Mpox is rarely passed on from face-to-face contact such as talking or breathing close to one another in a confined space for a long time.

What if I need to see a health provider?

Ring ahead to let them know you have been in contact with mpox.

If you develop symptoms of mpox, please get in touch with your public health contact.

If you become very unwell call 111. Tell the ambulance staff you have been in contact with someone with mpox and wear a mask when they arrive.

Further information

More information on mpox can be found at: [Mpox \(monkeypox\) \(info.health.nz\)](https://www.info.health.nz/mpox)

There is also information available on www.burnettfoundation.org.nz/mpx