

Mpox

Mpox is a viral disease that is not easily spread. It is most commonly passed on through contact with the blisters or lesions of someone who has mpox. While mpox cases are increasing in some parts of the world and localised outbreaks will likely continue, the risk of getting the virus in Aotearoa New Zealand is very low.



Signs and symptoms – what you can see and feel

Mpox symptoms can start with a flu-like illness (including fever, swollen glands, muscle aches, chills or tiredness) that progresses to blisters, lesions or sores that can affect any part of the body including face and mouth, arms and legs, genitals and anus.

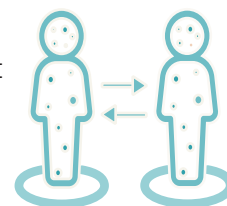


How does mpox spread

Mpox does not spread easily. The ways mpox can be spread includes:

- direct contact with mpox skin lesions or sores. It is most commonly spread through sexual or intimate contact
- direct contact with bedding/clothing, towels and some other objects (including sex toys) used by someone with mpox.

People with mpox are infectious and can pass on the virus from when they first develop symptoms, up until their lesions/sores crust, dry and fall off. This will normally take about two to four weeks.



People at highest risk

People at highest risk are those who have close physical, intimate or sexual contact with a confirmed mpox case. Globally, mpox has mostly affected:

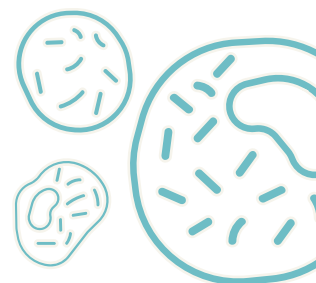
- men who have sex with men (MSM)
- people who have sex with MSM. This may include people of any gender or sexual identity, whether they are transgender or cisgender, and non-binary people.

Those at risk should monitor for symptoms and seek health advice if symptoms develop.



Vaccination

Those who are at highest risk of mpox are eligible for vaccination, which is able to be accessed across the country. If you would like to discuss vaccination, you can contact your nearest [sexual health clinic](#), GP or healthcare provider, or call the Healthline immunisation line on 0800 28 29 26.





Seeking health advice

If you are at risk of mpox and you develop symptoms, please seek medical help. You can contact your nearest [sexual health clinic](#), GP or healthcare professional, or call Healthline on 0800 611 116, anytime 24/7 for free health advice and information.

Mpox is diagnosed by swabbing any skin lesions.



What happens if I get mpox?

If you test positive for mpox, public health staff will be in contact to support you and provide advice on your symptoms and the precautionary measures you need to take to prevent spreading mpox to other people. You will not be asked to isolate.

For some people with mpox, the skin lesions or sores can become itchy or painful. Your healthcare provider can prescribe pain relief if you need it.

Occasionally people with mpox can become very sick. If your symptoms are getting worse, contact your healthcare provider for advice.

If you need to attend a healthcare setting, advise them you have mpox. Cover any lesions or sores and wear a mask during your visit.

If you are feeling seriously unwell and require the support of emergency services, call an ambulance on 111 and let them know you have mpox.



What do close contacts need to do?

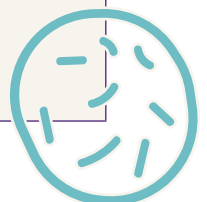
If you are a close contact of someone with mpox you should monitor for symptoms for 21 days from when you last had contact with the case.

If you develop any symptoms within 21 days, contact your healthcare provider for further advice.



For more information visit:

- Health New Zealand | Te Whatu Ora
<https://info.health.nz/mpox>
- The Burnett Foundation
www.burnettfoundation.org.nz
- Call Healthline for free anytime on 0800 611 116
<https://info.health.nz/services-support/healthline>
- Healthify | He Puna Waiora
<https://healthify.nz/health-a-z/m/monkeypox/>





For free general health advice and information

Call Healthline on **0800 611 116**, anytime 24/7 for free health advice and information about what to do next. You can choose to speak with a Māori clinician if you are calling between 8am and 8pm. Interpreter services and NZ Relay support are also available.

Free NZ Relay Services are available at nzrelay.co.nz if you are Deaf, hard of hearing, deafblind or have a speech impediment.

For people living or visiting rurally, you can contact a doctor after hours at Ka Ora Telecare **0800 2 KA ORA (0800 252 672)** or www.kaora.co.nz.



Disability Helpline

A dedicated Disability Helpline is available 24 hours a day, 7 days a week to support disabled people. Call free on **0800 11 12 13** or text **8988** for help and information.

