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| Mpox (Monkeypox) |
| Information for gay, bisexual and other men who have sex with men. |
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There is an ongoing multi-country outbreak of mpox (monkeypox) involving regions such as Europe, the US and Australia. Mpox is spreading within local communities in regions where it is not usually seen. The current outbreak is particularly impacting gay, bisexual and other men who have sex with men. Vaccines are available to protect against Mpox for people who are most at risk.



# Protect yourself

There are a few things you can do to protect yourself.

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| * **Get vaccinated** if you are eligible.
* Limit your sexual partners or create a sex bubble until you are vaccinated.
* Check that your partner/s are free of rashes, lesions or sores that could be mpox.
* Don’t share your bed or sex toys with anyone outside of your sex bubble.
* Exchange contact details with sexual partners.
* Don’t share your towels, linen or clothes with others.
* Don’t swap bodily fluids, including saliva.
* Limit skin-to-skin contact.
* Leave your contact details with sex-on-premises venues – you don’t have to leave your name.
* Practise good hygiene, like washing your hands with soap and water or using alcohol-based hand rub.
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# Symptoms to look out for

People with mpox develop a rash that can be painful and can affect any part of the body. Sometimes the rash may not be visible on the skin. The rash can be accompanied or preceded by general symptoms such as:

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| * fevers • chills • sore throat • muscle aches • swollen lymph nodes
* exhaustion • skin lesions • rectal pain • pain on urination.
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# If you suspect you have mpox

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| * Restrict your contact with others, stay home, and avoid sexual and skin-to-skin contact with others.
* Don't attend events or venues if you feel unwell or have rashes or sores.
* Call your GP or sexual health clinic and seek medical care.
* Wear a mask when you visit the GP.
* Cover up any lesions, rashes or sores.
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# If you have mpox

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| * Continue to stay at home until all lesions have healed and scabs have dried and fallen off.
* Use a condom with all partners for 12 weeks after infection.
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# More information

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



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