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| **Social tile 1** | **Social tile 1** |
| 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 | 维多利亚州正在持续爆发猴痘疫情。  •猴痘是一种由猴痘病毒引起的疾病。  •任何人都有可能感染猴痘，因此请务必了解其症状、如何保护自己以及怀疑自己感染了猴痘时该怎么做。  •如需更多信息，请访问 betterhealth.vic.gov.au/mpox |
| **Social tile 2** | **Social tile 2** |
| 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 | 猴痘的症状包括：   * + - 皮疹、丘疹状皮损或溃疡（特别是在难以看见的部位，例如生殖器、肛门或臀部）     - 发烧或发冷     - 头痛     - 肌肉或背部疼痛     - 淋巴结肿大     - 疲劳   症状通常在接触病毒后 3 至 21 天开始出现。如果您出现症状，请避免与他人密切接触，并接受检测。请咨询您的医生或联系您当地的性健康诊所。  如需了解更多信息，请访问 betterhealth.vic.gov.au/mpox |
| **Social tile 3** | **Social tile 3** |
| 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 | 猴痘通过与感染病毒的人长时间的皮肤接触而传播，包括：   * + - 接触猴痘溃疡或溃疡中的液体     - 性行为     - 共用接触过溃疡的物品，如床上用品和衣物   您可以通过避免与有症状的人密切接触、保持良好的手部卫生习惯以及了解风险来保护自己免受猴痘的侵害。  如需了解更多信息，请访问 betterhealth.vic.gov.au/mpox |
| **Social tile 4** | **Social tile 4** |
| 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 | 如果您认为自己感染了猴痘或接触过该病毒，请接受检测。  请咨询您的医生或联系您当地的性健康诊所。  如需了解更多信息，请访问 betterhealth.vic.gov.au/mpox |
| **Social tile 5** | **Social tile 5** |
| 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 | 您可以通过避免与有症状的人密切接触、保持良好的手部卫生习惯以及了解风险来保护自己免受猴痘的侵害。  如果有症状，请接受检测。  如果您符合条件，请接种疫苗。  如需了解更多信息，请访问 betterhealth.vic.gov.au/mpox |
| **Social tile 6** | **Social tile 6** |
| 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. | 目前，维多利亚州感染猴痘风险最高的人群是男同性恋、双性恋、男男性行为者、性工作者及其性伴侣。  接种疫苗并保护自己免受猴痘的侵害。  接种疫苗是保护自己和他人免受猴痘引发的严重疾病的安全有效的方法。符合条件的人可以免费接种疫苗，并且不需要 Medicare 卡。  维多利亚州各地的性健康诊所和一些全科医生诊所都可以接种疫苗。  要查找诊所并预约，请访问 betterhealth.vic.gov.au/mpox-immunisation-providers。 |