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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 | 維多利亞州正在爆發猴痘疫情。  •猴痘是一種由猴痘病毒引起的疾病。  •任何人都有可能感染猴痘，因此您必須瞭解猴痘的症狀、如何保護自己，以及在您認為自己可能感染猴痘時該怎麼做。  •如需更多資訊，請瀏覽 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 | 猴痘的症狀包括：   * + - 皮疹、粉刺樣皮膚損傷或潰瘍（特別是在難以看見的部位，例如生殖器、肛門或臀部）     - 發燒或發冷     - 頭痛     - 肌肉或背部疼痛     - 淋巴結腫脹     - 疲倦   症狀通常在接觸病毒後 3 至 21 天內開始出現。如果您出現症狀，請避免與他人密切接觸並接受檢測。請諮詢您的醫生或聯絡您當地的性健康診所。  如需更多資訊，請瀏覽 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 | 猴痘可透過與病毒感染者長時間的皮膚接觸而傳播，包括：   * + - 接觸猴痘潰瘍或膿液     - 性行為     - 共用曾接觸潰瘍的物品，例如寢具和衣物   您可以透過避免與任何有症狀的人密切接觸、保持良好的手部衛生習慣以及隨時了解相關風險來保護自己免受猴痘病毒感染。  如需更多資訊，請瀏覽 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 | 如果您認為自己感染了猴痘或接觸過該病毒，請接受檢測。  請諮詢您的醫生或聯絡您當地的性健康診所。  如需更多資訊，請瀏覽 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 | 您可以透過避免與任何有症狀的人密切接觸、保持良好的手部衛生習慣以及隨時了解相關風險來保護自己免受猴痘病毒感染。  如果有症狀，請接受檢測。  如果您符合資格，請接種疫苗。  如需更多資訊，請瀏覽 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，維多利亞州感染猴痘風險最高的族群是男同性戀、雙性戀、男男性行為者、性工作者及其性伴侶。  接種疫苗，保護自己免於感染猴痘病毒。  接種疫苗是一種安全且有效的方式，可保護您自己和他人免於罹患因感染猴痘所致的嚴重疾病。符合資格的人可以免費接種疫苗，並且不需要醫療保險卡。  維多利亞州各地的性健康診所和一些全科醫生都可以接種疫苗。  要查找診所並預約，請瀏覽betterhealth.vic.gov.au/mpox-immunisation-providers。 |