

Mpox - Raise Your Awareness

Stay safe, support each other and keep your whānau healthy

Mpox (monkeypox) is a viral disease that is most often transmitted through close physical or sexual contact. But it's not very contagious and the risk of the virus spreading widely remains low.

Anyone can get mpox. So far it's mostly affected people who have multiple or anonymous sexual partners, particularly men who have sex with men and their sexual partners.

Common mpox symptoms include a skin rash or other skin changes such as lesions - lumps or bumps that can turn into pimples, blisters or sores. Some people also get cold and flu symptoms, fever, swollen glands or muscle ache.

It's free to have a consultation and testing for mpox for anyone with mpox symptoms who meets testing criteria or has been asked to test for mpox.

Keep safe and alert - signs & symptoms of mpox

Look out for possible signs and symptoms of mpox (monkeypox). Most people develop a rash or other skin changes on the infection site such as lesions - lumps or bumps that can turn into pimples, blisters or sores.

Other common symptoms can include cold and flu symptoms such as a fever, chills or swollen gland, aches and tiredness.

The rash associated with mpox may be generalised or localised. The lesions typically turn to scabs that will crust, dry or fall off. Mpox symptoms usually resolve by themselves within two to four weeks.

If you have symptoms, stay home and contact a sexual health clinic, your local health care provider or ring Healthline on 0800 611 116 - language interpreters are available.

Put your health first - prevent the spread of mpox

Avoid close physical or sexual skin-to-skin contact with someone who has mpox (monkeypox) or symptoms like skin rashes, lesions or scabs, or bodily fluids of someone with mpox and avoid physical contact with the clothing, bedding or towels of a person with

mpox. Other common symptoms can include cold and flu symptoms such as a fever, chills or swollen gland, aches and tiredness.

Check you're feeling healthy and have no mpox symptoms before having close physical or sexual skin-to-skin contact with others. Swap contact details with the people you have close physical or sexual contact with, so if either of you develop mpox symptoms you can let each other know.

Frequently Asked Questions

Who is at highest risk of getting the mpox (monkeypox) virus?

While anyone can get mpox, the current global outbreak has disproportionately impacted men who have sex with men and their sexual partners. This may include people of any gender or sexual identity.

Is mpox fatal?

In general, mpox is not fatal.

Can people get mpox more than once?

It is unlikely.

How long are people infectious for?

2-4 weeks. People with mpox are infectious from the onset of the first lesion (lumps or bumps that can turn into pimples, blisters or sores) until all skin lesions have healed.

If you test positive for mpox, will your personal details and the information you share remain confidential?

Yes, mpox is a private health matter. Mpox is a notifiable disease, and your health professional may need to tell close contacts.

Does mpox affect the ability to breastfeed?

In general, if you get mpox and are breastfeeding, it is recommended that you discard all supplies of breastmilk and stop breastfeeding until you have fully recovered.

If a child is a household or close contact of someone with mpox, can they still attend school, preschool or day-care?

No and anyone who is identified as a household or close contact of a person with mpox does not need to isolate. Any close contacts who develop mpox symptoms, will be required to self-isolate and seek further medical advice.

Can tourists or other people visiting New Zealand on short-term visas get access to free mpox testing?

Yes, if they meet the criteria. Tests can be carried out at a general practice, sexual health clinic, after hours or urgent care clinic.

People who are not New Zealand residents (including international students, seasonal workers and visitors) will also be able to access mpox testing and consultation free of charge.

How should laundry be managed when living in a household with somebody who has mpox?

Laundry needs to be separated from other people. When handling towels, clothes or bedding used by a case, be careful not to shake these as this can disperse infectious particles into the air.

Wash items with laundry detergent at the highest temperature stated on label. Avoid using an 'eco' or 'quick wash' cycle. Dry clothes as normal.

Can mpox be spread to or from pets?

Yes, but it is rare. As a precautionary measure, anyone who is a probable or confirmed mpox case should avoid close direct contact with all animals.

It is also important to ensure that all rubbish produced by someone with mpox, including medical waste, is not accessible to rodents and other scavenger animals and is disposed of in a safe manner.

How do we take care of pets who have mpox?

Talk to your vet.

For more information

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www.health.govt.nz/our-work/diseases-and-conditions/mpox-monkeypox

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KEEP SAFE AND ALERT - SIGNS AND SYMPTOMS OF MPOX



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