



Mpox: The STI Facts

What is mpox (monkeypox)?

Mpox (previously called monkeypox) is an infection caused by the monkeypox virus.

People at highest risk of mpox in NSW are men who have sex with men, particularly those having sex overseas or with people who have returned from overseas.

Symptoms of mpox usually begin 7-14 days after being exposed to the infection but can appear anywhere within a few days to a few weeks. Common symptoms of mpox include:

- rashes (pimple like lesions or sores) in the genital area or on other parts of the body
- discomfort and pain in the anus (bottom)
- discharge from the anus (bottom).

Some people may also have these symptoms: a fever, exhaustion, a headache, muscle aches and back aches, chills, swollen lymph nodes, and ulcers, lesions or sores in the mouth.

People with mpox are infectious (can pass mpox on) from when symptoms first appear until all rashes and ulcers have crusted over and a new fresh layer of skin has formed. Most people with mpox get better within a few weeks without needing any specific treatment.

How do you get mpox?

Mpox can spread through:

- direct skin to skin contact with people who have mpox rashes, blisters or sores on their skin
- unprotected sex (semen and other bodily fluids)
- contact with contaminated (infected) objects, such as bedding or clothes

- breathing in air droplets that someone who has mpox has breathed out (this is very rare).

How can I prevent mpox?

There is a vaccine to protect against mpox called JYNNEOS. It is free for everyone (including international students and people without Medicare) and recommended in NSW for eligible groups of people. To find out if you are eligible for the free vaccine, call the [Sexual Health Infolink](https://www.health.nsw.gov.au/sexual-health/sexual-health-infolink) on 1800 451 624 (free call).

You can also protect yourself from mpox, by:

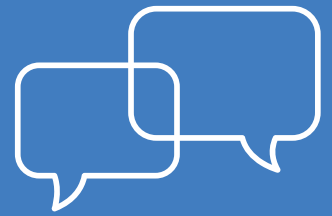
- avoiding close contact with people who have mpox or mpox symptoms
- avoiding contact with infected materials, such as bedding or towels
- practicing good hand hygiene.

How do I test for mpox?

Mpox is tested for by taking a sample (a swab) of a blister or scab of your rash. The sample is then sent for testing at a laboratory. You may be asked to stay home and isolate until your doctor or nurse tells you your results.

Testing is free and private at NSW sexual health clinics. You can get a test for mpox at your local doctor and at a sexual health clinic. Remember, mpox can only be tested for if you have active symptoms like a blister/rash. You can call the [Sexual Health Infolink](https://www.health.nsw.gov.au/sexual-health/sexual-health-infolink) on 1800 451 624 (free call) for more information and to find the closest service to you.

If your test is positive for mpox, it's important to let your partners know so they can get tested and treated too. If you need help contacting your partners ask your doctor or call the [Sexual Health Infolink](https://www.health.nsw.gov.au/sexual-health/sexual-health-infolink) on 1800 451 624 (free call).



Hepatitis B: The STI Facts

How do you treat mpox?

Most people with mpox can manage it at home by staying hydrated and taking over-the-counter pain medicine from a pharmacy. A doctor or nurse is able to provide you with information and support. People who get really sick from mpox may need to go to hospital.

Where can I find more information on mpox and other STIs?

For information and support about mpox or STIs and your sexual health, you can call the [Sexual Health Infolink](#) on 1800 451 624 (free call) to speak to a specialist sexual health nurse. It's free, confidential, and non-judgemental. You can also visit the [International Student Health Hub](#).

If you would like an interpreter to help you access health services or information, please contact the [Translating and Interpreting Service](#) on 131 450.

Scan the QR code to find out more about mpox and STIs

