

What is MPOX?

Mpox is a rare infection and is typically transmitted through close physical, intimate, or sexual contact with someone who has mpox. Recent cases have been in the men who have sex with men community.

THE SYMPTOMS

Key symptoms



RASHES, BUMPS & BLISTERS

Other symptoms



ANAL PAIN/ DISCOMFORT



FEVER & HEADACHES



MUSCLE ACHES & FATIGUE



SWOLLEN LYMPH NODES

Symptoms can last 2 - 4 weeks

STAY PROTECTED



GET VACCINATED
Two doses of MPOX vaccine (JYNNEOS®) are needed for full protection.



PROTECT YOURSELF
Always use a condom and avoid sharing sex toys.



LIMIT SEXUAL PARTNERS
Or create a sex bubble.



DON'T SHARE TOWELS OR BEDDING
This can spread the virus.



Scan to find out where to get the vaccine.

WHAT TO DO IF YOU HAVE SYMPTOMS



Call and speak with a doctor/ health professional.



Stay home if you can. If you need to visit a hospital or clinic: call before going in, wear a mask, cover rashes/sores & avoid using public transport.



Stay informed for more tips and updated information on ways you can limit the risk of mpox.

- Thorne Harbour bit.ly/MPOX-Thorne
- Better Health bit.ly/MPOX-better-health