

# Mpox Factsheet

## About Mpox

Mpox is a viral infection that causes a rash or sores on the skin and is spread by skin-to-skin contact. It is usually mild and rarely serious. Cases of mpox are increasing, and we are seeing more locally acquired transmission in Australia.

## Symptoms of Mpox

Symptoms typically start 7-14 days after exposure but can occur from 5 to 21 days.

The most common symptoms of mpox are:

- Rash or sores that can vary in size and number on any part of the body. The rash can look like pimples, blisters, or sores and may be hard to see. They can appear in the mouth, genitals, and/or rectum.
- People have also reported swollen lymph nodes, fever, headache, muscle aches, backache, chills, and tiredness.

A person is generally infectious (can pass on the infection) until all scabs have healed and a fresh layer of skin has formed. This may take several weeks, and the sores can be painful, especially if they are in the mouth or rectum.

## How Mpox Spreads

Mpox spreads from person to person through direct contact with an infected individual. This can occur through contact with the sores or scabs on the skin or by sharing towels, bedding, or clothes. Mpox can also be transmitted through close physical contact, including sexual activity.

It can be passed through coughing and sneezing and from pregnant mothers to their babies.

## People at High Risk

- People who have had close physical contact with a person with mpox.
- Anyone can get mpox, but the risk is highest for men who have sex with men.
- There are new forms of mpox emerging in other countries, so returned travellers may be at higher risk.

Vaccination can prevent mpox or make an infection less serious.



**NACCHO**  
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