## **MPOX AWARENESS TOOLKIT**

**NSW Health** 

October 2024



## Purpose of this toolkit



Mpox is an infection caused by monkeypox virus. NSW is now seeing the largest mpox outbreak in the state since the first case was confirmed in May 2022. Read the NSW Health media release on 3 October <u>here.</u>

Anyone can catch mpox. Currently, people at most risk are men who have sex with men, sex workers and their sexual partners

Vaccination is important to protect people who are at most risk. It is a safe and effective way to protect yourself and others against severe illness caused by the virus.

This toolkit has been developed to help you communicate with your local community, and aims to increase public awareness of mpox, its symptoms, importance of vaccination and the need to seek medical help fast.

Assets can be downloaded from the links provided. If there are any other assets that would be helpful for you to engage with your community, please contact us.

The latest information on mpox can be found at <a href="https://www.health.nsw.gov.au/mpox">https://www.health.nsw.gov.au/mpox</a>.

Mpox resources can be accessed via <a href="https://www.health.nsw.gov.au/Infectious/mpox/Pages/mpxv-awareness-toolkit.aspx">https://www.health.nsw.gov.au/Infectious/mpox/Pages/mpxv-awareness-toolkit.aspx</a>.

Thank you for your ongoing support to help protect the NSW community.

#### Contacts

Stakeholder Engagement Team

Strategic Communications & Engagement, NSW Ministry of Health

MOH-StakeholderEngagement@health.nsw.gov.au



#### **About mpox:**

- Mpox is a viral infection caused by the monkeypox virus.
- NSW is now seeing the largest mpox outbreak in the state since the first case was confirmed in May 2022.
- Currently, people at most risk of mpox in NSW are men who have sex with men, sex workers and their sexual partners.
- 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.

#### How the virus spreads:

Mpox is spread through close skin-to-skin contact with a person who has the virus, including sexual contact, and sharing items
like bedding and towels.

For more information visit the NSW Health mpox factsheet:

https://www.health.nsw.gov.au/Infectious/factsheets/Pages/mpox.aspx



#### **Mpox vaccination:**

- Vaccination is important to protect people who are most at risk. It is a safe and effective way to protect yourself and others against severe illness from mpox.
- Vaccination is free for people most at risk, and no Medicare card is required. Eligible individuals include:
  - All men who have sex with men and their partners
  - Sex workers and their partners
  - People who have been in contact with mpox who have not yet received 2 doses of the vaccine.
- Vaccination is available at sexual health clinics across NSW and some GPs. To find clinics and book an appointment, visit https://www.health.nsw.gov.au/mpox-clinics
- Vaccination appointments are private and confidential.
- People who have been vaccinated tend to experience milder and shorter illness. Unvaccinated people are at higher risk of severe symptoms.
- Two doses of the vaccine are necessary for full protection, with the second dose given at least 28 days after the first.

For more information visit the NSW Health – Mpox vaccination page: <a href="https://www.health.nsw.gov.au/Infectious/mpox/Pages/book-a-vaccine.aspx">https://www.health.nsw.gov.au/Infectious/mpox/Pages/book-a-vaccine.aspx</a>



#### Mpox symptoms:

- It's important to know the symptoms of mpox.
- 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
- If you think you have been exposed to mpox or have symptoms, get tested early.
- Testing is available across NSW. Call your doctor or sexual health clinic and ask to be tested, or call healthdirect 24/7 for free health advice on 1800 022 222.
- Symptoms normally begin 3-21 days after exposure to the virus.
- If you have symptoms, avoid close contact with other people.

For more information visit the NSW Health mpox factsheet:

https://www.health.nsw.gov.au/Infectious/factsheets/Pages/mpox.aspx



#### For information/ support:

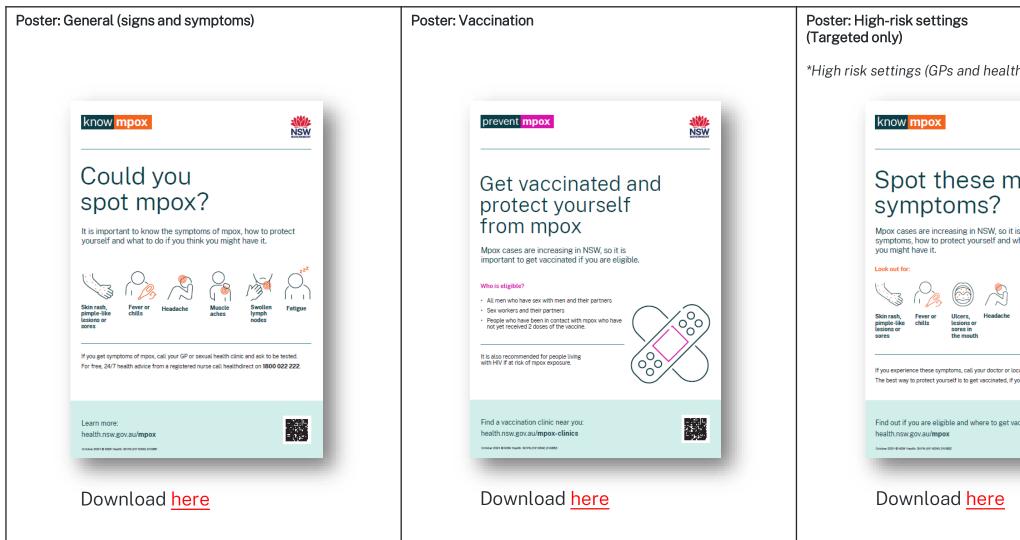
- Contact your doctor or local sexual health clinic to arrange a test if you have symptoms.
- For further support, you can also call:
  - The Sexual Health Infolink: 1800 451 624
  - The Translating and Interpreting Service: 13 14 50 for free help in your language.
- Locations of vaccination clinics are available at: <a href="www.health.nsw.gov.au/mpox-clinics">www.health.nsw.gov.au/mpox-clinics</a>
- More information on mpox can be found at:
  - NSW Health mpox website: <a href="www.health.nsw.gov.au/mpox">www.health.nsw.gov.au/mpox</a>
  - ACON website: <u>www.aconhealth.org.au/mpox</u>



# Resources for community

#### Posters



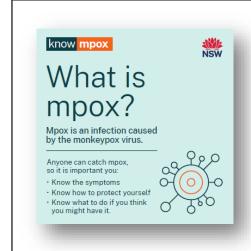


\*High risk settings (GPs and health clinics) Spot these mpox Mpox cases are increasing in NSW, so it is important to know the symptoms, how to protect yourself and what to do if you think If you experience these symptoms, call your doctor or local sexual health clinic right away. The best way to protect yourself is to get vaccinated, if you are eligible. Find out if you are eligible and where to get vaccinated:

#### Social media

Social media tiles are available here.





#### Poster Copy:

Mpox is spread through close contact with a person with the virus. This includes skin-to-skin contact and sexual activity.

Mpox cases are increasing in NSW, so it is important to know the symptoms, how to protect yourself and what to do if you think you might have it.

Vaccination is free for people at most risk of mpox. Currently, this includes men who have sex with men, sex workers and their sexual partners.

A Medicare card is not required.

For information on vaccine eligibility and to book a vaccination: https://www.health.nsw.gov.au/Infectious/mpox/Pages/book-a-vaccine.aspx#eligibility

Learn more about mpox: www.health.nsw.gov.au/mpox



#### Post Copy:

It is important to know the symptoms of mpox, how to protect yourself and what to do if you think you might have it.

Symptoms of mpox can include:

- A rash, pimple-like lesions or sores. This can be on the genitals, anus or buttocks, or other areas of the body.
- 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. Call your doctor or sexual health clinic and ask to be tested, or call healthdirect 24/7 for free health advice on 1800 022 222.

Learn more: www.health.nsw.gov.au/mpox

### Social media

Social media tiles are available here.





#### Poster Copy:

Mpox spreads mainly through close, skin-to-skin contact.

Symptoms of mpox can include:

- A rash, pimple-like lesions or sores. This can be on the genitals, anus or buttocks, or other areas of the body.
- Fever or chills
- Headache
- Muscle or back aches
- Swollen lymph nodes
- Fatigue.

If you have symptoms, avoid close contact with other people. Call your doctor or sexual health clinic and ask to be tested, or call healthdirect 24/7 for free health advice on 1800 022 222.

Learn more about how to protect yourself: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/mpox.aspx



#### Post Copy:

If you think you have been exposed to mpox or have symptoms, get tested early.

Testing is available across NSW.

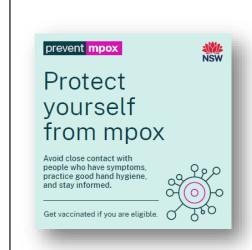
Contact your doctor or local sexual health clinic to arrange a test.

Learn more: https://www.health.nsw.gov.au/Infectious/factsheets/Pages/mpox.aspx

#### Social media

Social media tiles are available here.





#### Poster Copy:

You can protect yourself from mpox by avoiding close contact with anyone who has symptoms, practicing good hand hygiene, and staying informed about risks.

Get vaccinated if you are eligible. It is free, easy and available at sexual health clinics across NSW and some GPs. Find out if you are eligible for vaccination and where to go: https://www.health.nsw.gov.au/mpox-clinics



Note: social media carousel of 3 tiles





#### Post Copy:

If you are a man who has sex with men, a sex worker, or their sexual partner, protect yourself from mpox by getting vaccinated.

Two doses of the mpox vaccine provides vital protection against severe illness.

Vaccination is free for people at most risk of mpox. You can get vaccinated at sexual health clinics across NSW and some GPs.

A Medicare card is not required.

Find out more:

https://www.health.nsw.gov.au/mpox-clinics

#### **Email banner**



## Know the symptoms of mpox



health.nsw.gov.au/mpox

Download here

Are you eligible for the mpox vaccine?

Get vaccinated now!

Find a clinic: health.nsw.gov.au/mpox-clinics



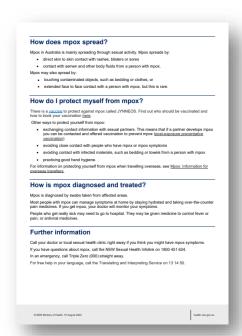
Download <u>here</u>

#### **Factsheet**



#### Factsheet is available here.









#### **Download here**

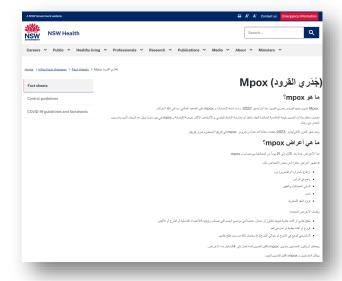
• This fact sheet provides information on mpox symptoms, diagnosis and treatment, and protecting yourself from mpox.

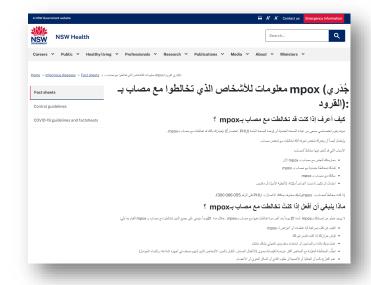


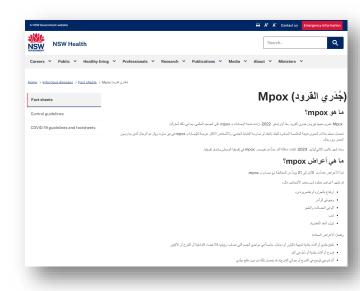
# Resources for multicultural communities

**Arabic** assets can be found here.









General information

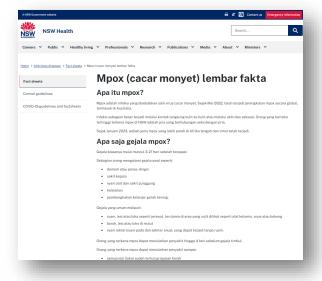
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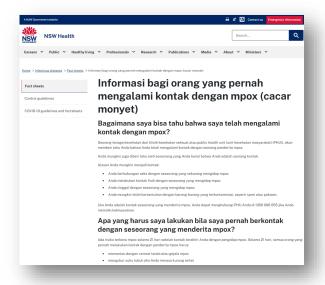
Information for contacts

Access here

Information for cases

**Indonesian** assets can be found here.

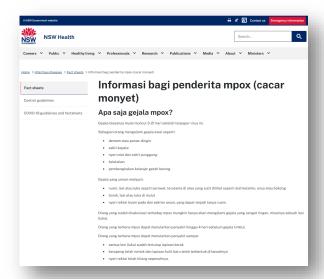






Access here





Information for cases

Access here

General information

**Chinese Simplified** assets can be found <u>here</u>.









General information

Access here

Information for contacts

Access here

Information for cases

Chinese Traditional assets can be found here.









**General information** 

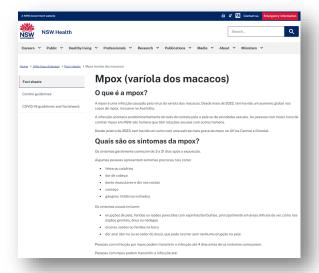
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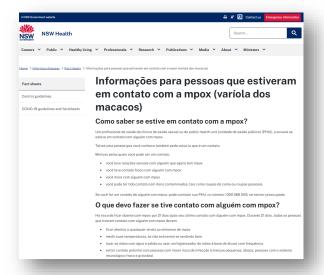
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Information for cases

Portuguese assets can be found <a href="here">here</a>.





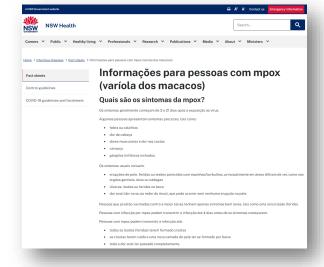


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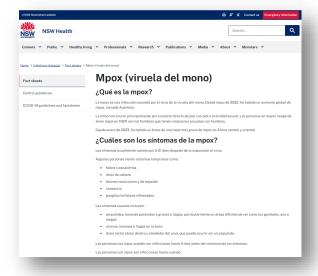
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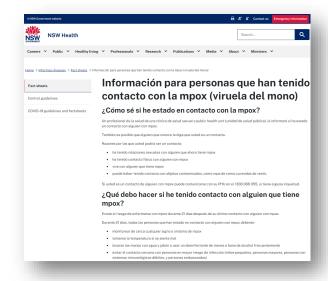




Information for cases

**Spanish** assets can be found here.







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Information for contacts

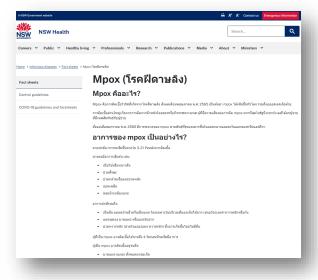
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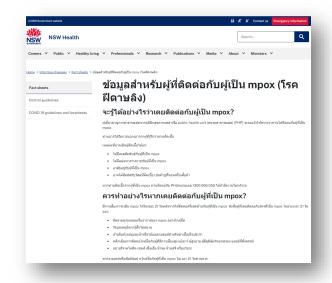
Information for cases





Thai assets can be found here.







Access here

Information for contacts

Access here



Access here



ข้อมูลสำหรับผู้ป่วยเป็น mpox (โรคฝีดาษลิง)

อาการของ mpox เป็นอย่างไร?

ปวดทวารหนัก (ปวดในหรือรอบๆ ทวารหนัก) ซึ่งอาจเกิดขึ้นโดยไม่เป็นผืน

คนส่วนมากที่เป็น mpox จะรู้สึกดีขึ้นภายในสองสามสัปดาห์โดยในห่องรับการรักษาอย่างหนึ่งอย่างใดโดยเฉพาะ

ย์ที่ติดเพื่อ mnox อาจติดเพื่ออย่เป็นเวลาถึง 4 วันก่อนเริ่มมีอาการ

คราบสะเกิดพลุดออกและขึ้นผิวหนังใหม่เกิดขึ้นอยู่ข้างได้

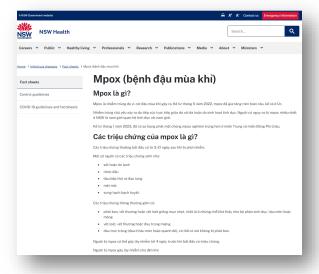
Mpox แพร่กระจายได้อย่างไร?

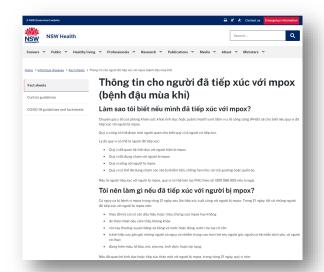
อาการประการในอย่างหายสริง

ตามปกติอาการเริ่มใน 3-21 รับหลังจากใต้รับเพื่อใจรัส

เป็นใช้เพื่อพบารสัน

**Vietnam** assets can be found here.





**General information** 

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Thông tin cho người bị mpox (bệnh đậu

mùa khỉ)

Một số người có các triệu chứng sớm như:

vét loét, vét thương hoặc day trong miệng

tất cả các vết thương (vết loét) đã đóng vày
 vậy bong ra và đã có một lớp da mới bên dướ

dau trực tràng (đau ở hậu môn hoặc quanh đó), có thể có mà không bị phát ban.

đau báp thit và đau lưns

sung hach bach huyét.

Các triệu chứng của mpox là gì?

