

# Mpox (monkeypox) in Aotearoa

Mpox is a viral disease most commonly passed on through skin-to-skin contact or contact with the blisters or lesions of someone who has mpox.

While mpox cases are increasing globally, the risk of the virus spreading widely in New Zealand remains low as it is not very contagious.

## Common mpox symptoms can include:



### A rash

The rash may turn into skin lesions – lumps or bumps that can turn into pimples, blisters, sores or scabs.



### Fever

You may also have a **headache, swollen glands, muscle aches, chills** or **tiredness**.

While anyone can get mpox, New Zealand's outbreak so far has mostly affected people who have multiple or anonymous sexual partners, particularly men who have sex with men and their sexual partners.

There is higher risk for these people.

If you develop symptoms stay home, self-isolate and seek advice. Many illnesses can cause similar symptoms so it may not be mpox, but it's important to get help.

Consultation and testing for mpox is free for anyone with mpox symptoms who meets testing criteria or has been asked to test for mpox. People who are not NZ residents (including international students, seasonal workers and visitors) will also be able to access mpox consultation and testing free of charge.

Contact a sexual health clinic for free advice, call your GP, or ring Healthline for free anytime on **0800 611 116** – language interpreters are available.

For more information visit: [www.health.govt.nz/mpox](http://www.health.govt.nz/mpox)