

# Information for contacts of mpox

## How do I know if I have been in contact with mpox?

A Health care worker will let you know that you are a contact of mpox. You may also be told anonymously or by a person you know.

Reasons you might be a contact:

- you had sex or intimate contact with someone that now has mpox
- you had skin to skin contact with someone who has mpox, contact with their body fluids or touched contaminated items, such as bed linen or clothes.

If you think you're a contact of mpox, speak to your local doctor, [sexual health clinic](#) or nearest [public health unit](#).

## What should I do if I am a contact of mpox?

There is a risk of getting sick with mpox for up to 21 days after your last contact with someone with mpox, it is important that you:

- Watch out for symptoms of mpox.
- Regularly wash your hands with soap and water or use an alcohol-based hand sanitiser.
- Avoid close contact with people who are at a higher risk of severe infection, such as young children, older people, people with weakened immune systems, or pregnant people.
- Do not donate blood, cells, tissue, breast milk, semen or organs.

If you had sex with someone with mpox, for 21 days you should also:

- not have sex, and
- avoid close physical contact with other people.

## Should I get vaccinated?

The mpox vaccination can prevent mpox and is free\* (a Medicare card is not needed) for contacts of mpox and other [eligible groups](#).

The vaccine works best to prevent illness if given within 4 days since the contact. It can be given up to 14 days or at any time if contact is an eligible group.

Two doses of the vaccine, given at least 28 days apart are needed for the best protection against mpox. If you have only had one dose, it is not too late to get your second dose.

Find a mpox vaccination centre by using the [mpox clinic finder](#).

Some people who have been vaccinated may still get mpox, but the illness and rash are usually mild.

\* If you are accessing a GP clinic for vaccination, ask your vaccination provider if a consultation fee applies.

## What are the symptoms of mpox?

Some people get early symptoms such as:

- fever
- headache
- back pain, joint and muscle aches
- sore throat
- tiredness
- swollen lymph nodes.

Some people don't notice the early symptoms but can get:

- Rashes, pimple-like spots, blisters or sores on their bodies. These are usually found on the genitals, anus or buttocks. Often, people only have one spot or sore.
- Ulcers or sores in the mouth.
- Rectal pain (pain in and around the anus), discharge or bleeding, which may occur without a sore or rash.
- Pain on urinating.

The rash usually starts as flat and red, then spots might fill with fluid or pus. After 2–3 weeks the spots dry and become crusted scabs. The scabs will fall off and leave new but often discoloured skin underneath.

## If you develop symptoms of mpox, you should:

- Cover any exposed spots with clothing or a waterproof dressing;
- Wear a mask around others if you have respiratory symptoms (a cough or sore throat) or ulcers or sores in your mouth; and
- Contact your local doctor or [sexual health clinic](#) to get tested and let them know you are a contact of mpox. Do not have sex while waiting for results.

## Further information

- Queensland Health - Mpox fact sheet  
<https://www.qld.gov.au/health/condition/infections-and-parasites/viral-infections/mpox-monkeypox>
- Queensland Health - Information for cases  
<https://www.health.qld.gov.au/disease-control/conditions/information-for-cases-of-mpox.pdf>
- Queensland Health – Stop the rise of STIs support resources  
<https://www.stophtherise.initiatives.qld.gov.au/resources>
- Queensland Positive People - About mpox <https://www.qpp.org.au/mpox>
- Queensland Council for LGBTI Health – Mpox <https://www.qc.org.au/mpox>
- Queensland Health – Eligible groups and Mpox clinic finder  
<https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/monkeypox-vaccination-centres>

### For further information in English and other languages:

- Mpox fact sheet / ECCQ Ethnic Communities Council of Queensland  
<https://eccq.com.au/resources/mpox-factsheet/>
- For free help in your language, call the Translating and Interpreting Service on 13 14 50.

## Help and assistance

- Get qualified health advice 24/7 for the cost of a local call on 13 HEALTH (13 43 25 84).
- If you are in an emergency situation, call 000 immediately.
- For further assistance, please contact:
  - your local doctor,
  - sexual health clinic <<https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/services/find-service#qld>>
  - or nearest Public Health Unit <<https://www.health.qld.gov.au/system-governance/contact-us/contact/public-health-units>>