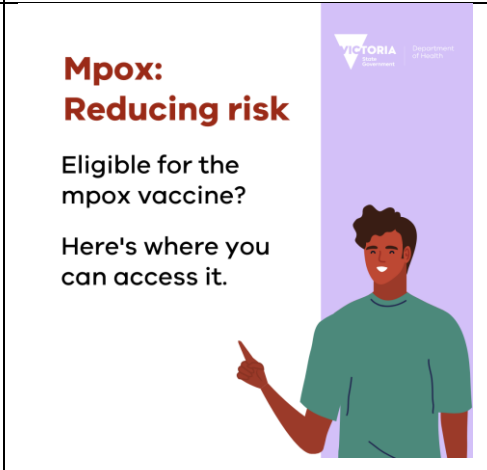# Social media pack

Mpox

OFFICIAL

The purpose of this social media pack is to support community and health providers communicate the importance of mpox vaccination.

The Better Health Channel < https://www.betterhealth.vic.gov.au/mpox> provides information on mpox and immunisation options for eligible people.

The Victorian Department of Health website < https://www.health.vic.gov.au/infectious-diseases/mpox-monkeypox> provides information on the immunisations and where people can access them free of charge in Victoria.

Post text	Accompanying asset (use attached jpeg)
Mpox vaccine is now widely available in Victoria, if you're eligible you can get the vaccination now. If you have had your first dose, you can now get your second dose. To find out more visit: https://www.betterhealth.vic.gov.au/mpox	
In Victoria you can get the mpox vaccine through your Local Public Health Units (LPHUs) and certain sexual health clinics and health services. To find out more visit: https://www.health.vic.gov.au/infectious-diseases/monkeypox	

If you think you may have been exposed to mpox, here's what you should look out for and what to do:

- Wear a mask

- Cover rash/blisters with long clothing

- Avoid close contact with others - including sharing beds and sexual activity

- Seek medical care. Call your GP clinic, Melbourne Sexual Health Centre, or your nearest sexual health service to let them know you will be attending, and you may have MPX.

Learn more: https://www.betterhealth.vic.gov.au/mpox

Monkeypox facts

Symptoms typically include:

fever   sore throat

chills   exhaustion

muscle aches   swollen lymph nodes

rash   rectal pain

Rash can appear on any part of the body.

While mpox is of relatively low concern in Victoria, this disease continues to affect communities around the world.

If you are travelling to any destination(s) with an active mpox outbreak, get vaccinated against mpox before you depart. The vaccine takes approximately 14 days to be effective, so be sure to plan ahead.

Mpox vaccines are available free of charge in Victoria to eligible people. Contact your Local Public Health Unit (LPHU) to find your local mpox vaccination provider. And if you've had your first dose, make sure you get your second dose.

Discover if you are eligible for mpox vaccination, and where to get it at: https://www.betterhealth.vic.gov.au/mpox

Got travel plans?

If you are at risk of mpox, get vaccinated before you go.