

Mpox



Mpox is a viral disease that is not easily spread. It is most commonly passed on through contact with the blisters or lesions of someone who has mpox. While mpox cases are increasing in some parts of the world and localised outbreaks will likely continue, the risk of the virus spreading widely in Aotearoa New Zealand is very low.



Signs and symptoms – what you can see and feel

Mpox symptoms can start with a flu-like illness (including fever, swollen glands, muscle aches, chills or tiredness) that progresses to blisters, lesions or sores that can affect any part of the body including face and mouth, arms and legs, genitals and anus.

People at highest risk are those who have close physical, intimate or sexual contact with a confirmed mpox case.

Globally, mpox has mostly affected:

- men who have sex with men (MSM)
- people who have sex with MSM. This may include people of any gender or sexual identity, whether they are transgender or cisgender, and non-binary people.

Those at risk should monitor for symptoms and seek health advice if symptoms develop.

Those who are at highest risk of mpox are eligible for vaccination, which is able to be accessed across the country. If you would like to discuss vaccination, you can contact your nearest [sexual health clinic](#), GP or healthcare provider, or call Healthline on **0800 611 116** for advice and support.