

# Monkeypox is in Aotearoa

## Look out for the symptoms!

The symptoms of monkeypox typically start with:

- + fever
- + swollen lymph nodes
- + muscle aches
- + headache
- + chills or tiredness
- + **Usually 1-3 days later, people develop a rash or skin lesions**

## Seek medical advice

If you experience the symptoms of monkeypox, especially any skin changes, you should seek medical advice from:

- + your GP or sexual health clinic
- + Healthline at **0800 611 116**

## Avoid transmission

Monkeypox is transmitted through skin to skin contact, contact with the skin lesions, and transfer of bodily fluids such as saliva. Contaminated objects such as sheets, clothing or sex toys can also carry the virus.

**If you develop symptoms of monkeypox, you should self-isolate and seek medical advice.**



Scan to learn more about  
monkeypox or visit:  
**[burnettfoundation.org.nz/mpx](https://burnettfoundation.org.nz/mpx)**

**Burnett  
Foundation  
Aotearoa**