

Mpox: Information for overseas travellers

Fact sheet

There has been a global increase in mpox, including in Australia, since 2022, affecting mainly men who have sex with men.

Since January 2023, there has been an outbreak of a more severe strain of mpox in central and eastern Africa.

- In NSW, mpox vaccination is currently available for eligible at-risk groups of people.
- Mpox vaccination is recommended for people at risk of sexual exposure to mpox travelling to some countries in central and eastern Africa.

For the most up to date international travel information, visit [Smartraveller](#).

What is the concern for people travelling overseas?

On 14 August 2024, the [World Health Organization](#) declared the mpox outbreak in central and eastern Africa a public health emergency of international concern.

Mpox is an infection caused by monkeypox virus. Infection mostly happens from direct skin to skin or sexual activity.

The strain circulating in central and eastern Africa appears to be more severe and may be spreading more easily than the strain currently circulating in Australia and globally. The strain currently circulating in Africa is spreading from person-to-person through sexual contact, household contact, and within healthcare settings.

For more information on mpox, visit the [NSW Health mpox hub](#).

Should I get vaccinated prior to travel?

Mpox vaccination is recommended for travellers who may be at risk of sexual exposure to clade I mpox when travelling to some countries in central and eastern Africa where there is local transmission. [Find out if you are eligible for mpox vaccination](#).

What should I do to protect myself while overseas?

If you are travelling to central or eastern Africa, you should:

- avoid close contact with people who are sick or have rashes, lesions or sores
- stay away from infected materials used by people who are sick (such as clothing, bedding, towels, or materials used in healthcare settings)
- avoid sex with casual partners
- avoid contact with wild animals (alive or dead), such as rodents and non-human primates (monkeys, apes)
- avoid eating or preparing meat from wild animals (bushmeat) or using products made from wild animals (such as creams, powders or lotions)

- wash your hands regularly.

If you are travelling elsewhere in the world, you should:

- visit [Smartraveller](#) for travel advice and up to date outbreak information for your destination
- exchange contact information with sexual partners
- avoid close contact with people who have mpox or mpox symptoms
- avoid contact with infected materials, such as bedding or towels
- wash your hands regularly.

If you get symptoms of mpox such as a skin rash or lesions (sores) with or without fever and chills, you should:

- seek medical care immediately and let them know that you may have symptoms of mpox
- cover any exposed lesions (sores) with clothing or a bandage.

For more information on protecting yourself against mpox, see the [Mpox factsheet](#).

What should I do after I return to Australia?

If you have travelled to central or eastern Africa, you should monitor for symptoms. If you get symptoms of mpox within 21 days after leaving, you should:

- cover any exposed lesions (sores) with clothing or a bandage
- call your GP or [local sexual health clinic \(SHC\)](#), ask to get tested and let them know you have been in central or eastern Africa
- call the PHU on 1300 066 055 as soon as possible
- call healthdirect (1800 022 222). A registered nurse will answer your call as ask you some questions. Tell them that you have been overseas and have symptoms of mpox.
- In an emergency, call Triple Zero (000) straight away.

Read more information on people who have [come in contact with mpox](#).

If you have any concerns, call your call your GP or [local sexual health clinic \(SHC\)](#).