



Mpox (Monkeypox)

Information for people awaiting a test result

You have been provided this factsheet as you have been identified as someone who may have mpox (formerly known as monkeypox). Your doctor or public health unit has organised a test for mpox.

What is mpox?

Mpox is usually a mild illness which resolves by itself after 2 to 4 weeks. A small number of people may develop severe illness.

Mpox is spread by very close contact with someone with mpox, such as skin-to-skin contact, prolonged face-to-face contact through respiratory droplets, or infected objects or surfaces. Since May 2022, there has been an increase in cases of mpox around the world.

Further information is available at healthywa.wa.gov.au/mpox

What do I need to do?

- cover and avoid touching your lesions
- abstain from sexual activity
- wash your hands often with soap and water or hand sanitiser
- cover your nose and mouth when coughing or sneezing
- wear a surgical mask if you have lesions on or around your mouth, sore throat or are coughing or sneezing
- work from home if possible
- avoid physical contact, particularly with immunosuppressed people, pregnant people and young children
- avoid high-risk settings such as childcare centres, schools aged care facilities and health services unless you require medical care

- avoid sharing personal items such as bedding, clothes, towels and eating/drinking utensils
- clean and wash your own personal items and do your own laundry.

How will I find out about my result?

You will be contacted by your doctor or public health unit when your results are available. This may take a few days.

What if my test is positive?

If your test result is positive, your local public health unit will contact you and provide you further advice as to what you need to do. Advice for positive cases is available at: healthywa.wa.gov.au/mpox

What can I expect if I am positive?

Most people will recover without any specific treatment. The illness is usually mild, and recovery takes a few weeks. However, in some people, the sores can be painful.

Simple pain medications and keeping up oral fluids will help manage symptoms.

A small number of people may develop severe illness. Antiviral medications may be recommended under the guidance of a specialist doctor.



What if my test is negative?

If you receive a negative result, your doctor or public health unit will advise you on what you need to do. You no longer need to stay at home due to the risk of mpox, however, there may be other conditions or diagnoses that your doctor may consider when providing further advice.

Do I need to get vaccinated?

If your result is positive, you will not need to be vaccinated. Vaccination for mpox is not currently recommended for people who have had mpox.

If your result is negative and you meet the eligibility criteria for receiving an mpox vaccine, you should consider getting the vaccine to best protect yourself against the mpox virus. Up-to-date eligibility criteria can be found on healthywa.wa.gov.au/mpox

Key messages

- If you are considered high risk for mpox, stay at home until you receive a negative result for mpox. There are additional precautions you should take if you need to leave home for essential activities.
- If you receive a positive result, your local public health unit will contact you and provide you further advice.
- If your test result is negative, consider getting the mpox vaccine.
- Further information is available at healthywa.wa.gov.au/mpox

This document can be made available in alternative formats.

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