

# monkeypox

## social media toolkit

# background

Monkeypox is a rare viral infection that usually causes a high temperature (fever) and a body rash that lasts a few weeks. Anyone can get monkeypox. However, currently most of the cases across the UK have been in gay, bisexual, and other men who have sex with men (GBMSM).

It's important to raise awareness of the signs and symptoms, how to reduce the risk and what someone can do if they are concerned they have monkeypox. There is also a vaccine available which helps protect against monkeypox, but this is only being offered to those most at risk.

Leaflets about who is being offered the vaccine and the vaccines used to protect against monkeypox are available on the **Public Health Scotland website**.

The latest public health information can be found at **[nhsinform.scot/monkeypox](https://nhsinform.scot/monkeypox)** and **[nhsinform.scot/mvavaccine](https://nhsinform.scot/mvavaccine)**

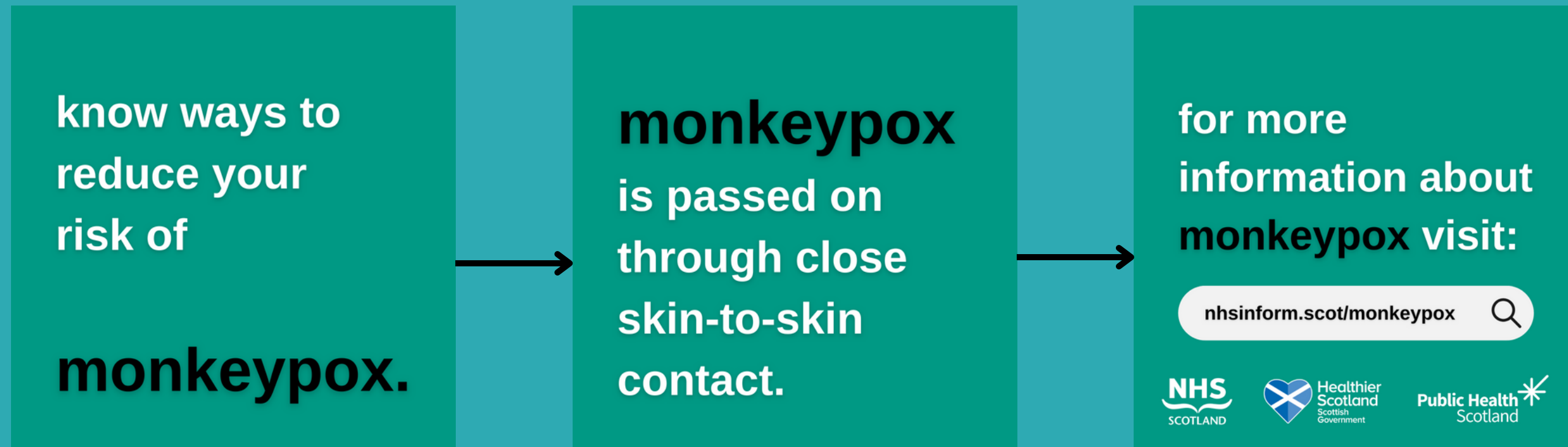
# help spread our message

To get you started, we have provided social media assets and suggested captions for you to share across your channels. The assets will have been sent alongside this toolkit.

If you need to request a copy of the assets in a different format please email **[phs.screeningandimmunisation@phs.scot](mailto:phs.screeningandimmunisation@phs.scot)**

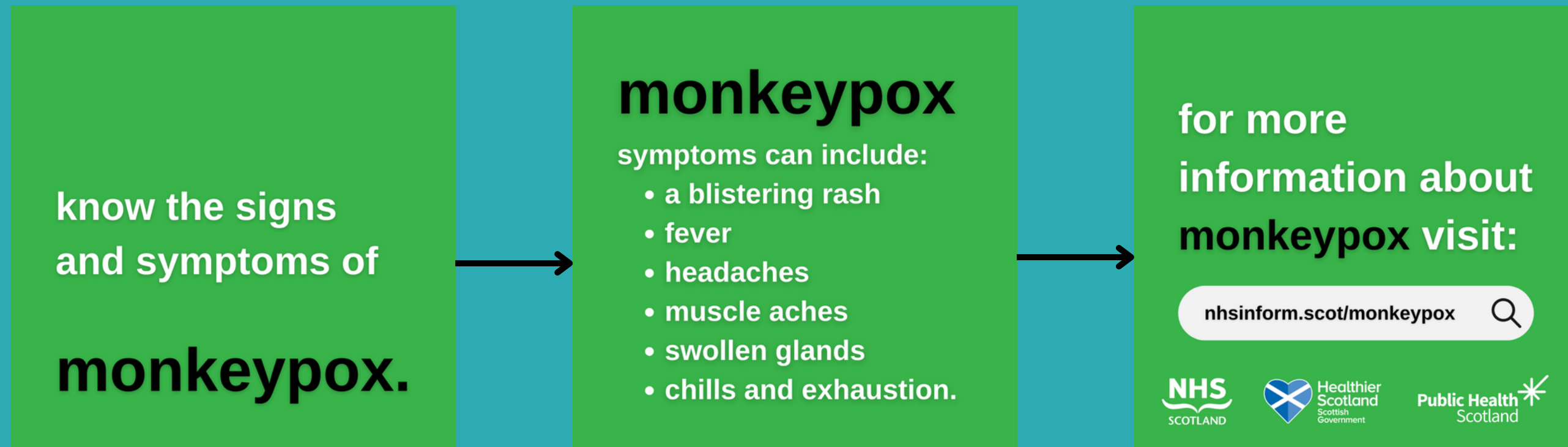
It would be great if you could regularly feed these social media assets into your planned activity and use the **#MonkeypoxScotland**. Please feel free to tailor the messaging for your local area.

# asset one



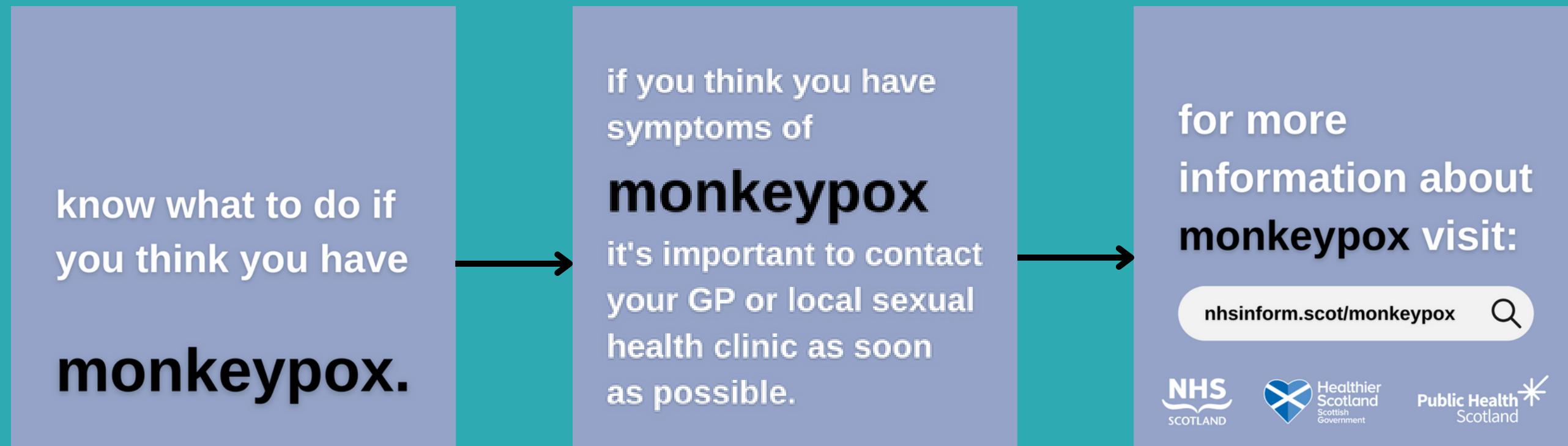
The risk of getting monkeypox is low in Scotland but it's important to know how to reduce your risk of exposure. For more information visit **nhsinform.scot/monkeypox**  
**#MonkeypoxScotland**

# asset two



A diagnosis of monkeypox requires an assessment by a health professional and specific testing. If you have symptoms, it's important to contact your GP or sexual health clinic as soon as possible. For more information visit **[nhsinform.scot/monkeypox](https://nhsinform.scot/monkeypox) #MonkeypoxScotland**

# asset three



Symptoms of monkeypox usually start 5-21 days after exposure. If you have any symptoms you should stay at home, avoid close contact and get medical help by phone. To find out who to contact if you think you have monkeypox visit **[nhsinform.scot/monkeypox](https://nhsinform.scot/monkeypox) #MonkeypoxScotland**

# asset four



Sexual health clinics are contacting those most at risk to offer vaccination. This includes some gay, bisexual, and other men who have sex with men and some healthcare staff who work in high-risk settings. For more information visit **[nhsinform.scot/mvavaccine](https://nhsinform.scot/mvavaccine) #MonkeypoxScotland**

If you require any further information about this toolkit or have any questions, suggestions, comments, or feedback please contact:

**[phs.screeningandimmunisation@phs.scot](mailto:phs.screeningandimmunisation@phs.scot)**