

Safer Sex & MONKEYPOX



Monkeypox (MPX) spreads through close, physical contact, which can include sexual contact and other forms of skin-to-skin contact, like kissing, hugging or cuddling.

Prevention measures can reduce your chance of getting and spreading the virus, even if you've had a first or second dose of the vaccine.



Talk openly with your partner/s about symptoms before sexual or intimate contact.

If you or your partner/s has/have new or unexplained rash/sores or other symptoms, avoid skin-skin or sexual contact until getting checked out by a health care provider or the rash has healed.

If you have new or unexplained rash/sores or other symptoms, protect yourself and others by:

- Reaching out to a health care provider. If you don't have a provider or health insurance, visit a public health clinic near you.
- Taking a break from sexual (oral, anal, vaginal) and intimate contact (kissing, hugging, cuddling) and attending public gatherings.
- Isolating from others you live with.
- Wearing a mask and covering rashes when around others and when visiting a health care provider.

Even if you feel well, there are ways to lower your chances of getting and spreading MPX, including:

- Avoiding sharing items like towels, fetish gear and sex toys. Wash your hands, fetish gear, sex toys, and any fabrics (bedding, towels, clothes) after sex or intimate contact.
- Limiting your number of partners to reduce exposure.
- Staying connected to partner/s in case you need to reach out about new symptoms or exposures.
- Considering using condoms (latex or polyurethane) to protect your anus, mouth, penis, or vagina from exposure. *Condoms alone may not prevent all exposures since the rash can occur on other parts of the body.*
- Masturbating together at a distance without touching each other or having virtual sex.
- Having sex with your clothes on or covering areas where rash is present to reduce skin-to-skin contact.
- Limiting visits to spaces like back rooms, saunas, sex clubs, or private and public sex parties where anonymous sexual contact may occur.

Reach out to a health provider or your local health department if you have questions about vaccine and treatment options. Learn more at [GO.CDPH.CA.GOV/MONKEYPOX](https://www.cdph.ca.gov/MONKEYPOX)