



# SAFER SEX AND MPOX

**TALK WITH YOUR PARTNER ABOUT ANY RECENT ILLNESS, POSSIBLE EXPOSURES TO MPOX, AND NEW OR UNEXPLAINED RASHES OR SORES.**

## **How Do I Lower My Risk of Getting Mpox?**

- **Get vaccinated, if you are at risk for mpox.**
- Avoid sharing items like towels, fetish gear, sex toys, and toothbrushes.
- Use clean bedding, towels, and clothing.
- Limit your number of partners to reduce your likelihood of exposure.
- Consider using condoms (latex or polyurethane), though condoms alone may not prevent all exposures, since the rash can occur on other parts of the body.
- Masturbate together without touching each other, or have virtual sex.
- Have sex with your clothes on, making sure areas where rash or sores are present are covered.
- Limit visits to spaces like back rooms, saunas, sex clubs, or private and public sex parties.

## **If You or Your Partner Have Rashes or Sores:**

- Reach out to a healthcare provider to be examined.
- Take a break from sex (oral, anal, vaginal) and intimate contact (kissing, hugging, cuddling) and/or attending social gatherings.
- Isolate from others with whom you live.
- Wear a mask and cover rashes, if you need to be around others, including visit(s) with a healthcare provider.

**If you think you have mpox, see your healthcare provider. If you do not have a healthcare provider, call 2-1-1.**



For updates, text COSD MPOX to 98256. For resources, visit:

**[SanDiegoCounty.gov/mpox](https://SanDiegoCounty.gov/mpox)**

