



INTIMATE CONTACT AND HUMAN MONKEYPOX (MPX)

TALK TO YOUR PARTNER ABOUT ANY RECENT ILLNESS AND BE AWARE OF NEW OR UNEXPLAINED RASHES OR SORES ON YOUR BODY OR YOUR PARTNER'S BODY.

How Do I Lower My Risk of Getting MPX?

- Have virtual sex with no in-person contact.
- Reconsider visiting spaces like back rooms, saunas, sex clubs, or private and public sex parties, where intimate, often anonymous sexual contact with multiple partners occurs.
- If you have in-person contact:
 - Wash your hands, fetish gear, sex toys and any fabrics before contact.
 - Use clean bedding, towels, and clothing.
 - Consider having sex with your clothes on, making sure areas where rash or sores are present are covered.
 - Masturbate together without touching each other and without touching any rash or sores.

If You or Your Partner Have Rashes or Sores:

- Isolate (stay) at home and contact your healthcare provider to get tested.
- Avoid close/intimate contact, including sex (such as oral, vaginal, or anal) and kissing or touching until all sores have healed and a fresh layer of skin has formed.
- Do not share things like towels, fetish gear, sex toys, and toothbrushes.
- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact.
- Use condoms for 8 weeks after MPX has resolved.
- Follow your healthcare provider's treatment and prevention recommendations.

If you think you have MPX, see your healthcare provider. If you do not have a healthcare provider, call 2-1-1 San Diego.



For updates, text COSD MONKEYPOX to 468-311. For resources, visit:

SanDiegoCounty.gov/monkeypoxSD



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