

# WHAT YOU SHOULD KNOW ABOUT INTIMATE CONTACT AND MONKEYPOX

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

## LOWER YOUR RISK DURING INTIMATE CONTACT

If you or your partner have a new or an unexplained rash, sores, or unexplained symptoms:

- See your healthcare provider – if you don't have a provider or health insurance, call 2-1-1 or visit a public health clinic near you
- Avoid sex or being intimate with anyone until you have been checked out
- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact

If you or a partner has monkeypox, the best way to protect yourself and others is to avoid sex (oral, vaginal, and anal) or close/intimate contact with anyone 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. Follow treatment and prevention recommendation of your healthcare provider.

If you or your partner have (or think you might have) monkeypox and you decide to have sex, consider the following to reduce the chance of spreading the virus:

- Have virtual sex with no in-person contact.
- Masturbate together at a distance of at least 6 feet, without touching each other and without touching any rash or sores.
- Consider having sex with your clothes on or covering areas where rash or sores are present, reducing as much skin-to-skin contact as possible.
- Avoid kissing.
- Remember to wash your hands, fetish gear, sex toys and any fabrics (bedding, towels, clothing) after having sex.



**IF YOU THINK YOU MAY HAVE MONKEYPOX, PLEASE CONTACT YOUR HEALTHCARE PROVIDER.**

**IF YOU DON'T HAVE A PROVIDER OR HEALTH INSURANCE, CALL 2-1-1 OR VISIT A PUBLIC HEALTH CLINIC NEAR YOU.**



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Monkeypox is a rare disease that has recently been reported in California and Los Angeles County.



## How is monkeypox spread?

Monkeypox is spread when a person comes into contact with a human or animal infected with the virus or through contact with materials (like clothing or linens) used by the infected person or prolonged exposure to respiratory droplets.

The virus typically enters the body through broken skin, respiratory droplets, or the mucous membranes (eyes, nose, or mouth).

## Because of this, transmission may also occur during sex through skin-to-skin and other intimate contact.

- This contact can happen during intimate sexual contact including:
  - o Oral, anal, and vaginal sex or touching the genitals or anus of a person with monkeypox
  - o Hugging, massage, kissing, or talking closely
  - o Touching fabrics and objects during sex that were used by a person with monkeypox, such as bedding, towels and sex toys

## Signs of monkeypox



Fever & Headaches



Swollen Lymph Nodes



Muscle Aches



Rash, Bumps, Or Blisters

