THINGS YOU CAN DO TO PROTECT YOURSELF & OTHERS AGAINST MONKEYPOX (MPV)

The JYNNEOS vaccine is recommended for people age 18 or older who are at high risk of monkeypox infection. Vaccine supply is currently limited.

To find out if you are eligible and where to go for vaccine, visit our website at: cookcountypublichealth.org/monkeypox.

Consider temporarily changing some of your behaviors to protect yourself against MPV if:

- You are unvaccinated
- You received the first shot but haven’t gotten the second shot yet.
- You received both shots but it hasn’t been two weeks since the second shot.

Exchange contact information with any new partner so you can follow up with each other, if needed.

Talk with your partner about any monkeypox symptoms and be aware of any new or unexplained rash or lesion on either of your bodies, including the mouth, genitals (penis, testicles, vulva, or vagina), or anus (butthole).

If you or your partner have recently had MPV symptoms or a new or unexplained rash anywhere on your body, do not have sex and see a healthcare provider. In some cases, symptoms may be mild, and some people may not even know they have monkeypox.
Latex or polyurethane condoms may protect your anus (butthole), mouth, penis, or vagina from exposure to monkeypox. However, condoms alone may not prevent all exposures to monkeypox, since the rash can occur on other parts of the body.

Masturbate together at a distance, without touching each other, and without touching any rash.

Have virtual sex with no in-person contact.

Consider having sex with your clothes on or covering areas where rash is present, reducing as much skin-to-skin contact as possible. Leather or latex gear also provides a barrier to skin-to-skin contact; just be sure to change or clean clothes/gear between partners and after use.

- Be aware that monkeypox can also spread through respiratory secretions with close, face-to-face contact.
- Remember to wash your hands, fetish gear, sex toys, and any fabrics (bedding, towels, clothes) after having sex.