

# MPOX & SAFER SEX



## THINGS YOU CAN DO TO PROTECT YOURSELF & OTHERS AGAINST MPOX

*Two doses of JYNNEOS vaccine is recommended for people ages 18 years and older who are at high risk of Mpox infection.*

*To find out if you are eligible and where to go for vaccine, visit:  
[bit.ly/PreventMPOXCookCounty](https://bit.ly/PreventMPOXCookCounty).*

### **Consider temporarily changing some of your behaviors to protect yourself against Mpox 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 Mpox 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 Mpox 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 Mpox.





### MORE THINGS YOU CAN DO TO PROTECT YOURSELF & OTHERS AGAINST MPOX

If you or your partner has or could have Mpox

#### AVOID THESE THINGS

- sex of any kind (oral, anal, vaginal)
- kissing or exchanging spit
- touching each other's bodies or rash while sick
- sharing things like towels, fetish gear, sex toys and toothbrushes.

To prevent exposure to Mpox

#### LIMIT THESE THINGS

- Your number of sex partners
- Going to places where intimate, often anonymous, sexual contact with multiple partners can occur (e.g. back rooms, saunas, sex clubs, or private and public sex parties)

To prevent exposure to Mpox

#### USE THESE THINGS

##### Condoms

Latex or polyurethane condoms may protect your anus (butthole), mouth, penis, or vagina from exposure to Mpox. However, condoms alone may not prevent all exposures to Mpox, since the rash can occur on other parts of the body.

##### Gloves

Latex, polyurethane, or nitrile gloves might also reduce the possibility of exposure if inserting fingers or hands into the vagina or the anus. The gloves must cover all exposed skin and be removed carefully to avoid touching the outer surface of the gloves.

##### Masturbate

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

##### Virtual Sex

Have virtual sex with no in-person contact.

##### Sex with your clothes on

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 Mpox 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.

