

Mpox is spread through close, personal, and often skin-to-skin contact. If you're sexually active, you can reduce your chances of being exposed to monkeypox by temporarily changing some of your behaviors until you're fully vaccinated:



Limit your number of sexual partners.

Use condoms (latex or polyurethane) and/or gloves (latex, polyurethane or nitrile). This won't protect you fully, since monkeypox rash can occur on any part of the body, but may protect you from exposure.

Keep distance when masturbating together, without touching each other and without touching any rash.

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

Wash your hands, fetish gear, sex toys and any fabrics (bedding, towels, clothes) after having sex.

Talk with your partner(s) about any monkeypox symptoms. If you or your partner(s) have recently had monkeypox symptoms, or have a new or unexplained rash anywhere on your body, don't have sex, avoid large gatherings, and call your healthcare provider or health department.



These temporary changes will help slow the spread of monkeypox and reduce your risk of being exposed until you're fully vaccinated. Monkeypox vaccines are available, and your protection will be highest two weeks after your second dose. Call your health department to schedule a vaccine appointment.

