

# WHAT PEOPLE WHO ARE SEXUALLY ACTIVE NEED TO KNOW ABOUT MONKEY POX



Having **multiple or anonymous sex partners** may increase your chances for exposure to monkeypox. Limiting your number of sex partners may reduce the possibility of exposure.

## WHAT IS MONKEYPOX?

Monkeypox is a rare disease caused by the monkeypox virus. It can cause a rash which may look like pimples or blisters, sometimes with a flu-like illness.

## WHAT ARE THE SYMPTOMS?

KEY SYMPTOM



### RASH, BUMPS, OR BLISTERS

These may appear anywhere on the body, including the genitals or anus. This may look similar to syphilis, herpes, or other common skin rashes.

OTHER SYMPTOMS



### FEVER & HEADACHES



### MUSCLE ACHES



### SWOLLEN LYMPH NODES

Symptom onset ranges from 5 - 21 days

## HOW IS MONKEYPOX SPREAD?

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person who has monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone who has monkeypox.
- Contact with respiratory secretions.



This exposure can happen during intimate contact including:

- Oral, anal, and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) or anus (butthole) of a person who has monkeypox.
- Hugging, massage, and kissing.
- Prolonged face-to-face contact.
- Touching fabrics and objects during sex that were used by a person with monkeypox and that have not been disinfected, such as bedding, towels, and sex toys.



### If you have a new or unexplained rash or other symptoms ...

- Avoid sex or being intimate with anyone until you have been checked out by a health care provider.
- If you don't have a health care provider, visit <https://vchca.org/agency-divisions/ambulatory-care> to find a one near you.



### If you or your partner have monkeypox ...

- Follow the treatment and prevention recommendations of your health care provider.
- Avoid sex or being intimate with anyone until the rash has healed, scabs have fallen off and you have a fresh layer of skin.

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