

WHAT YOU SHOULD KNOW ABOUT INTIMATE CONTACT AND MONKEYPOX

Monkeypox is a contagious disease caused by the monkeypox virus. Anyone who has been in close, personal contact with someone who has monkeypox is at risk.

HOW IS MONKEYPOX SPREAD?

Monkeypox is known to spread by close, intimate and/or prolonged contact with someone with monkeypox. This includes:

- Direct skin-to-skin contact with the rash, scabs, or sores during sex and other intimate contact. This can include kissing, massage, and cuddling.
- Contact with objects and fabrics (such as unwashed clothing and bedding, sharing towels or sex toys) that have been used by someone with monkeypox and haven't been cleaned.
- Contact with respiratory secretions. This can happen during prolonged, close, face-to-face contact or intimate contact such as kissing, cuddling, and sex.

A person with monkeypox can spread it to others from the time symptoms start until the rash has healed, scabs have fallen off, and there is a new layer of skin. This usually takes 2 to 4 weeks.

A pregnant person with monkeypox can spread the virus to their fetus through the placenta.

Monkeypox is NOT spread through casual conversations or by walking by someone who has it.

HOW TO AVOID GETTING MONKEYPOX

- Avoid skin-to-skin or prolonged close contact with someone with monkeypox symptoms
- Avoid touching uncleaned objects and materials that have been used by someone with monkeypox symptoms
- Wash your hands often
- Get vaccinated if you are eligible

LOWER YOUR RISK DURING SEX AND INTIMATE CONTACT

- Talk to your sexual partner(s) about any recent illness and [new or unexplained sores/rashes](#) including on your genitals or anus. Avoid sex or skin-to-skin contact if you or your partner have signs of or have been diagnosed with monkeypox.
- Use a condom. Condoms alone are likely not enough to prevent monkeypox. But they might reduce the risk, and may help prevent sores in sensitive areas, like the anus, mouth, or genitals.
- Reduce your number of sex partners.
- Avoid riskier activities such as anonymous sex and sex parties.

CONTACT YOUR DOCTOR right away if you have a new, unexplained, rash or lesions on any part of your body. This is especially important if you were exposed to someone with or suspected to have monkeypox.

IF YOU DON'T HAVE A DOCTOR:

- Call the Public Health Call Center at 1-833-540-0473 (8am - 8:30pm daily), or
- Visit a [Public Health Sexual Health Clinic](#) near you.

Scan QR code to find a location

