

PROTECTION IS COMMUNITY *Love*



MPOX AND SAFER SEX

✓ Get vaccinated

- ◆ The two-dose mpox vaccine is important for preventing the spread of mpox for people ages 18 years and older who are at risk of infection.
- ◆ Health professionals suggest waiting until two weeks after your second dose to resume normal sex life activities to help protect yourself and others from mpox.

✓ Communicate

- ◆ When possible, exchange contact information with any new partner to allow for sexual health follow-up, if needed.
- ◆ Talk with your partner(s) about any mpox symptoms. 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).

CONVERSATION TIPS

- ◆ Ideally talk to your partner(s) before having sex so you can make informed choices.
- ◆ Be understanding, respectful, and nonjudgemental to create an open dialogue.
- ◆ Focus on honesty to keep yourself and others safe.

✓ Take a break

- ◆ If you or a partner has mpox or think you may have mpox, the best way to protect yourself and others is to avoid sex of any kind (oral, anal, vaginal) and kissing or touching each other's bodies – while you are sick.



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Northwest Portland Area Indian Health Board

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◆ While you are sick, avoid:

- Touching any rash
- Sharing things like towels, toothbrushes, fetish gear, and sex toys
- Gatherings, especially if they involve close, personal, skin-to-skin contact
- Kissing or exchanging spit and close, face-to-face contact since mpox can spread this way

◆ Since symptoms may be mild, and some people may not even know they have mpox, it is best to avoid sex or physical intimacy until you have been checked out by a healthcare provider. Instead, use this time to focus on emotional intimacy with your partner(s).

✔ Play it safe

◆ If you are sexually active, other ways you can reduce your chances of being exposed to mpox until after vaccination include:

- Temporarily limiting your number of sex partners to reduce your risk of exposure.
- Being mindful of safety practices where engaging in sex with multiple individuals whose vaccination status is unknown, particularly since mpox can be spread through sexual transmission.
- Condoms (latex or polyurethane) 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) 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.
- Masturbate together at a distance, without touching each other and without touching any rash or lesion.
- Consider having sex with your clothes and/or leather or latex fetish gear on, covering areas where rash is present and reducing as much skin-to-skin contact as possible. Just be sure to change or clean clothes/gear between partners and after use.
- Remember to wash your hands, fetish gear, sex toys, and any fabrics (bedding, towels, clothes) before and after having sex.
- Have virtual sex with no in-person contact.

Have a conversation with your partner(s) about limiting sexual activities outside of the relationship. If you decide to open things up, be sure to get contact information from new partners in case follow-up is needed.

For more information and to find a vaccine site near you, visit:

- 🌐 www.iasquared.org/vaccines
- 🌐 www.greaterthan.org/campaigns/mpox/
- 🌐 www.cdc.gov/poxvirus/mpox/

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