

MPOX & SAFER SEX



THINGS YOU CAN DO TO PROTECT YOURSELF AND OTHERS

The JYNNEOS vaccine is recommended for people age 18 or older who are at high risk of infection.

To find out if you are eligible and where to go for vaccine, visit our website at:

de.gov/mpox

Consider temporarily changing some of your behaviors to protect yourself 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 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.



If you or your partner have recently had symptoms or a new or unexplained rash anywhere on your body, do not have sex and see a health care provider. In some cases, symptoms may be mild, and some people may not even know they have mpox.

Mpox Hotline: 1-866-408-1899
de.gov/mpox



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Anyone who is deaf, hard of hearing, Deaf-Blind or speech disabled can contact DPH by dialing 7-1-1.

Adapted from Cook County, IL Public Health
Updated 12/12/22



MORE THINGS YOU CAN DO TO PROTECT YOURSELF AND OTHERS

If you think you or your partner has 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

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

USE THESE THINGS



Condoms

Latex or polyurethane condoms may protect your anus (butthole), mouth, penis, or vagina from exposure to monkeypox. However, condoms alone may not prevent all exposures to monkeypox, 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 monkeypox 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.

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