



Lower Your Chance of mpox During Sex

- If you have been vaccinated against mpox, take a temporary break from sex or direct contact until two weeks after your second mpox vaccine dose.
- Limit your number of sex partners to reduce your likelihood of exposure before and after vaccination.
- Avoid spaces like back rooms, saunas, sex clubs, or private and public sex parties, where intimate, often anonymous, sexual contact with multiple partners may occur.
- Condoms (latex or polyurethane) may protect your anus, mouth, penis, or vagina from exposure to mpox; condoms alone may not prevent all exposures to mpox because the rash can occur on other parts of the body.
- Consider having virtual sex with no in-person contact.
- Avoid kissing. Mpox can spread through respiratory secretions with prolonged close face-to-face contact.
- CDC recommends masturbating together at a distance without touching each other and without touching any rash.
- 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. 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) after having sex.

