

## Monkeypox and Sexual Health: What You Need to Know

**Monkeypox is an infection caused by a virus. Symptoms can be mild, but some cases can be more severe and require hospitalization. Here is what you need to know to stay safe and prevent the spread of this infection.**

### What are the symptoms of monkeypox?

Symptoms may include:

- Rash, bumps, or blisters that may be on or around the genitals or other areas (such as the hands, feet, face, or chest) that may look similar to common sexually transmitted infections or other skin rashes like shingles or poison ivy
- Flu-like symptoms may occur before the rash such as fever, head and body aches, swollen lymph nodes, and chills

### How does monkeypox spread?

Monkeypox spreads through close, physical contact between people, including:

- Direct contact with monkeypox rashes
- Respiratory droplets or oral fluids from prolonged face-to-face contact
- Contact with objects or fabrics used by someone with monkeypox such as towels, bed linens, and clothing



## What should I do if I have symptoms or may have been exposed?

If you have any monkeypox symptoms, contact your healthcare provider, urgent care center, or hospital right away. Call before you go so they can be ready to isolate you from other people. Be sure to wear a mask. Let your healthcare provider know if you have recently traveled, had contact with someone with a similar rash or who was diagnosed with monkeypox.

## How can monkeypox be prevented?

- Ask your sexual partners if they have a rash or other symptoms of monkeypox
- Avoid skin-to-skin contact with someone who has a rash or other symptoms of monkeypox
- If you have symptoms, reach out to a healthcare provider
- Avoid contact with materials such as bedding, towels, clothing, or other objects used by an infected person
- Isolate infected people from those at risk for infections
- Wash your hands well with soap and water, or use alcohol-based hand sanitizer after contact with infected people

**For more information, visit <https://bit.ly/njmpx> or scan the QR code:**

