

reduce your risk.

Consider Pressing Pause

Consider taking a temporary break from your regular sexual activities until we can all get vaccinated. It might be time to press pause on visiting places with lots of sexual activity. And if you experience symptoms, skip the bars, gyms, and parties.



Repurpose your Pod

Remember the concept of COVID PODS? Try repurposing your exclusive group of social contacts into your exclusive group of sexual contacts, to limit your number of sexual partners, and potential exposure.



Open Communication

Practice open and honest communication with all potential sex partners. Discuss if either of you have had any symptoms, such as rashes, sores, or fever. Or if you've been in close contact with a known case.



Condoms are always in style

While condoms won't fully protect against monkeypox, they could help reduce the risk of skin-to-skin contact with any lesions on the genitals (including internal lesions).



Care for our Community

Get vaccinated if you can. If you have been exposed to monkeypox, or are experiencing symptoms, get tested and stay home for the safety of others.



SACRAMENTO COUNTY



**PUBLIC
HEALTH**

Promote • Prevent • Protect

For more information
on where to get
tested, or what to do
if you've been
exposed...

