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.

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