

WHAT IS MONKEYPOX?

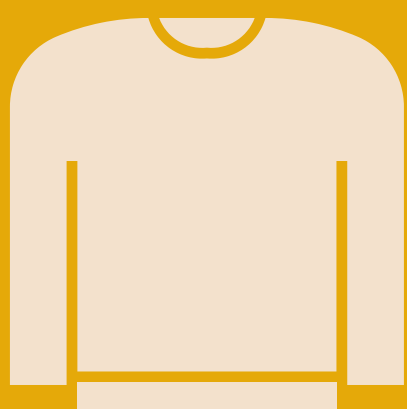
Monkeypox (MPX) is a virus that appears as a distinctive rash. It spreads through close contact skin to skin, sex, kissing, and breathing at close range.



How to protect yourself:

COMMUNICATE

Talk with your sexual partners about any recent illness and be aware of new or unexplained sores or rashes on your body or your partners' bodies, including on the genitals and anus.



COVER EXPOSED SKIN

Wear items of clothing to cover skin in large crowds--during festivals, large gatherings and events.

GOOD HAND HYGIENE

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. As learned during the COVID-19 pandemic, keeping hands clean is especially important to help prevent viruses from spreading.



FEELING SICK? STAY HOME!

If you feel sick and think you may have MPX, stay home. Contact a medical provider right away if you have a rash or if you have been in contact with someone who has MPX. Before you go to a doctor's office or emergency room, call ahead.



DON'T SHARE BEDDING OR CLOTHING

Avoid sharing bedding, clothing, and towels with someone who has symptoms of MPX. Contact with contaminated fabric can increase your risk for getting MPX.



ANYONE CAN GET MONKEYPOX!

Although MPX is currently spreading faster within the networks of gay, bisexual and transgender people, this disease has nothing to do with someone's gender identity or sexual orientation. This is a function of social networks.



For more information visit:

Monterey County Health Department Website:

<https://www.co.monterey.ca.us>

Monterey County Health Department Communicable Disease Unit: 831-755-4521

 @MCHDSTDANDHIIV

 @MCHDPREVENTION

 @WASHCOVERSTAY

