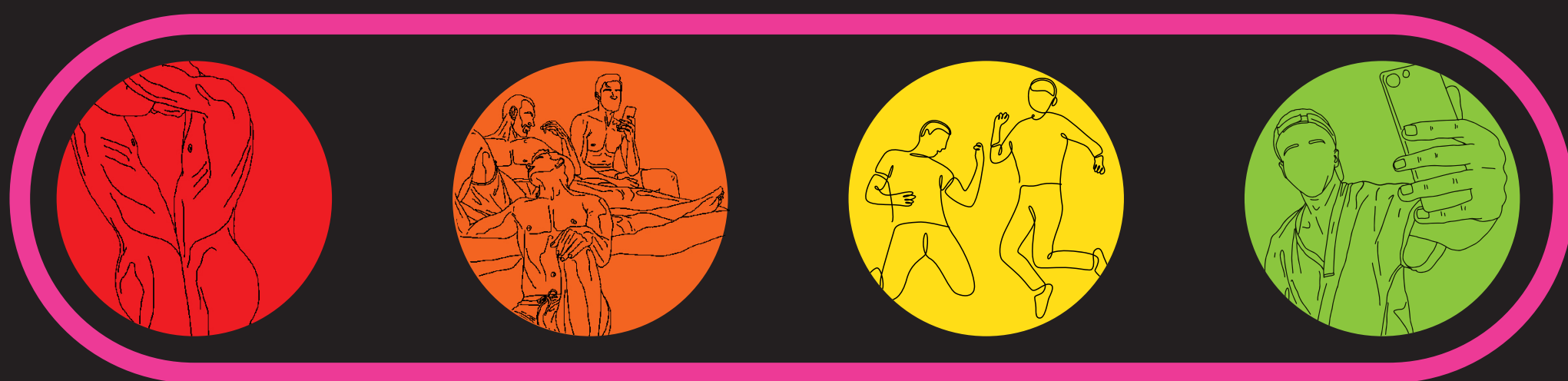


MAKING INFORMED CHOICES ABOUT YOUR SEX & SOCIAL LIFE DURING MONKEYPOX

Monkeypox continues to spread in our community and with very limited access to vaccines, we've got some choices to make! When we understand what actions increase the possibility of getting monkeypox, we can make choices about our sex and social lives that work best for us.



MOST LIKELY:

Direct contact with monkeypox spots, rash, ulcers, scabs or bodily fluids.

Oral, anal, vaginal/ frontal sex and sharing sex toys.

MORE LIKELY:

Kissing, cuddling and holding hands.

Topless or naked dancing at an indoor crowded party.

Sharing a bed, towels, clothing or toiletry items.

LESS LIKELY:

Sharing drinks, plates and cutlery at a party.

Clothes-on dancing at an indoor crowded party.

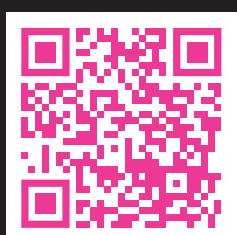
VERY UNLIKELY:

Dancing at an outdoor party with mostly clothed people.

On public transport, in an airport, plane or public toilet.

At the shops, café, swimming pool or gym.


Remember: reducing close physical and intimate contact, regularly washing your hands and taking a vaccine when its offered will help in preventing monkeypox. If you have flu-like symptoms, or notice any spots or rash, stay at home and contact your sexual health service or GP to organise a test.



For more information or support see:
mpower.hivireland.ie/monkeypox
or man2man.ie/monkeypox



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