

MONKEYPOX

SAFER SEX CHOICES



Sex is an important part of the lives of many of us. We know that during this outbreak people are going to continue having sex, so we've some suggestions on how to make sex safer, if you choose to have it. It's important to know that we are still learning about how monkeypox is transmitted, stay connected to our website and socials for updates.

CONSIDER REDUCING SEXUAL PARTNERS

Reducing your number of sexual partners until the vaccine becomes more readily available will reduce the risk of getting monkeypox. Group sex and sex parties could be swapped for fun with a regular partner or in a sex bubble.

CREATE A SEX BUBBLE

Similar to how people established bubbles to make socialising safer from COVID-19 – we can do the same for sex. Choose a small group of partners that agree to limit sex to members of the bubble. Stay alert to any symptoms and let members of the bubble know if you have a potential exposure.

WEAR MORE CLOTHING OR GEAR

Monkeypox is mostly spread through skin-to-skin contact. Having sex with your clothes on or by wearing leather or latex gear during sex can provide protection – just remember to change or clean clothes and gear between partners.

GO VIRTUAL, DISTANCED, OR SOLO

Masturbation when connected with others online or in-person without touching will prevent monkeypox. It might also be a good time to explore your own body with sex toys.

PRACTICE OPEN AND HONEST COMMUNICATION

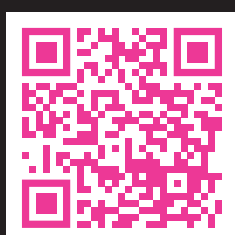
Before meeting up with a partner, talk about monkeypox. Have you or have they had any recent sexual partners? Talk about whether you have any sores or other monkeypox symptoms. Get a contact number and agree to let the other person know if you develop symptoms.

CONSIDER CONDOMS

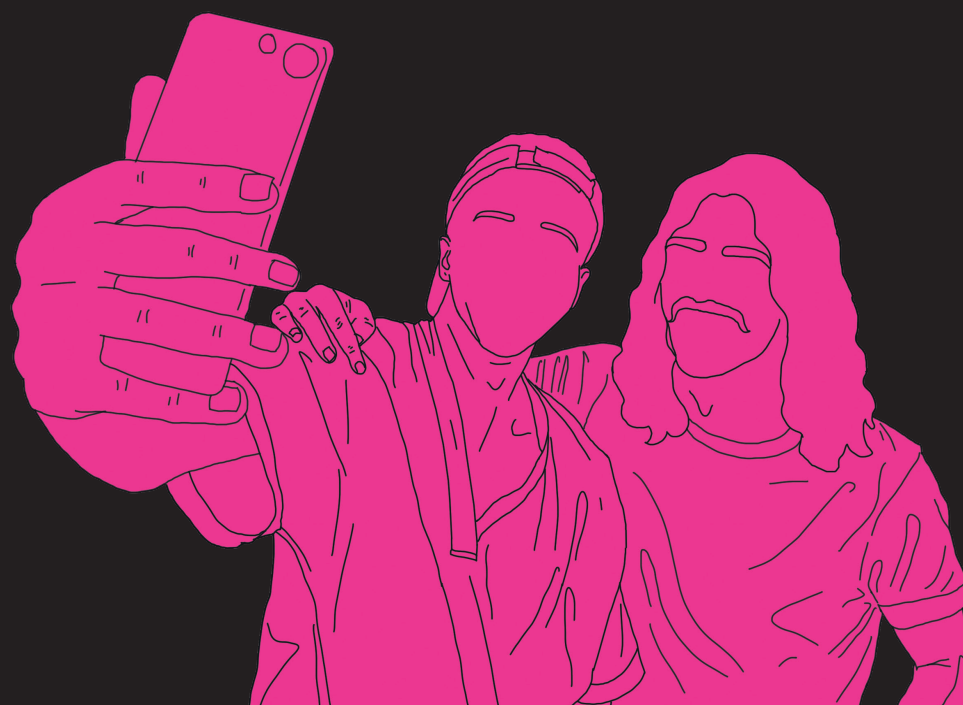
Condom use won't fully protect against monkeypox, but it could help reduce the risk of skin-to-skin contact with any lesions on or in the bum and genitals. It may also prevent transmission via bodily fluids, like cum.

TAKE CARE OF YOURSELF AND OTHERS

Be kind to one another as we learn how to navigate this challenging time. Get vaccinated when you can. If you have flu-like symptoms or a new 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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