

# WHAT YOU NEED TO KNOW ABOUT MONKEYPOX (hMPXV)

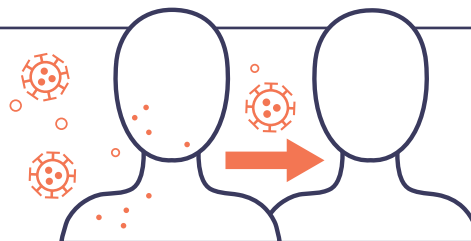


## FIGHT STIGMA

Anyone can get human monkeypox virus (hMPXV) — there's no shame in finding out you have it. Many of us learn we have it because we're taking steps to look after our health and keep our community safe.

## HOW IT'S TRANSMITTED

Monkeypox spreads primarily through close skin-to-skin contact with the rash of a person with monkeypox. This may include sex, cuddling, massage and kissing.



## KNOW THE SYMPTOMS

Symptoms include new rashes, sores, blisters, and spots. Some people also get fevers, headaches, swollen and painful glands, muscle aches, or exhaustion. If you don't feel right, have a rash or other concerning symptoms, avoid close, skin-to-skin contact with others, and call your healthcare provider right away.



## CALL AHEAD

If you think you have symptoms, tell your healthcare provider before you go in. If you plan to use an urgent care or ER, tell the check-in staff that you think you may have monkeypox. They may have ideas of how to keep yourself and others protected.



## PLAN AHEAD

When thinking about attending a festival, concert, party or other event, consider the amount of close, skin-to-skin contact that may occur.

## CHECK IN WITH YOUR PARTNERS

Tell them how you're feeling and whether you've had any recent illness or rashes, especially on the genitals or around the anus. Open communication and avoiding sex while sick are good practices in general. If you do have sex, choose activities that don't involve direct, skin-to-skin contact or kissing; cover rashes; wash hands, towels, bedding, sex toys and other gear promptly; and consider limiting your number of partners.



For more information about human monkeypox virus (hMPXV) visit:  
<https://bit.ly/3PPaq2r>



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