



# Monkeypox Prevention & Risk Reduction for Vaccinated People

Vaccination is an important tool in preventing the spread of monkeypox. It takes time for your body to build protection from the vaccine. You will start to build protection in the days and weeks after your first dose, but the vaccine will provide its best protection two weeks after your second dose. However, there is still much that is unknown about the virus and the level of protection you will get from the vaccine. There are also changes you should make, in addition to first and second doses of vaccination, to reduce your chances of contracting monkeypox. These changes are especially important when you are between your first and second dose of the vaccine.

## Reducing Risk During Sex

Make a habit of exchanging contact information with any new partner to allow for sexual health follow-up, if needed.

Even if you feel well, here are some ways to reduce your chances of being exposed to monkeypox if you are sexually active:

- The best way to reduce your risk is to take a break from activities that increase risk of exposure to monkeypox.
- Limit your number of sex partners to reduce your likelihood of exposure.
- Avoid kissing or exchanging spit, as monkeypox can spread this way.
- Masturbate with your partners at a distance, without touching each other, and without touching any rash.
- Have virtual sex with no in-person contact.
- Condoms (latex or polyurethane) may protect your anus, mouth, penis, or vagina from exposure to monkeypox. However, condoms alone may not prevent all exposures to monkeypox, since the rash can occur on other parts of the body.
- Gloves (latex, polyurethane, or nitrile) might also reduce the possibility of exposure when inserting fingers or hands into the vagina or the anus. The gloves must cover all exposed skin and be removed carefully to avoid touching the outer surface.
- Consider having sex with your clothes on or covering areas where rash is present, reducing as much skin-to-skin contact as possible. Leather or latex gear also provides a barrier to skin-to-skin contact; just be sure to change or clean clothes/gear between partners and after use.
- Remember to wash your hands, fetish gear, sex toys, and any fabrics (bedding, towels, clothes) after having sex.



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## Reducing Risk During Social Activities

Public health experts agree that skin-to-skin contact during sexual activity has been the primary mode of monkeypox transmission, thus far. However, there are practical steps you can take to reduce your chances of getting monkeypox when socializing. These include:

- If you feel sick or have a rash, isolate yourself away from others (i.e., avoid social gatherings) and contact your healthcare provider to discuss testing.
- Only attend festivals, events, and concerts where attendees are fully clothed and unlikely to have skin-to-skin contact.
- Parties, clubs, and other social events where there is minimal clothing and where there is direct, personal, and frequent skin-to-skin contact have some risk. Avoid any rash you see on others, and minimize skin-to-skin contact in these settings.

## Steps to Take if You Have a New Rash or Other Symptoms

It is possible that even two doses of vaccine are not fully protective against monkeypox. You should continue to be mindful of signs and symptoms of monkeypox. If you develop a new or unexplained rash or other symptoms of monkeypox, take the following steps to reduce the chances of spreading monkeypox.

- If you or your partner has or recently had monkeypox symptoms, or you have a new or unexplained rash anywhere on your body, isolate yourself from others and see a health care provider.
- Isolation includes avoiding social gatherings, and avoiding having sex or being intimate with anyone until you have been examined by a health care provider.
- If you don't have a health care provider or health insurance, call your local health department.
- When you see a health care provider, wear a mask, and remind them that monkeypox virus is circulating in the area.

[Resource: CDC Monkeypox Safer sex, Social Gatherings, and Monkeypox](#)