How is monkeypox spread?

- Close skin-to-skin contact with a monkeypox rash, sores, or scabs, through touching, sex, hugging, massaging or kissing.
- Contact with clothing, bedding or surfaces used by someone with monkeypox.
- Anyone can get monkeypox and spread it to others once symptoms start. People with monkeypox are contagious until the rash and sores have healed and disappeared.

What are the symptoms?

- Fever
- Headache
- Rashes
- Muscle Aches
- Backaches and Swollen Lymph Nodes
- Exhaustion

How can I protect myself and others?

- You should not have sex or other close physical contact if you or your sexual partners feel sick, and especially if you or they have a rash or sores anywhere on the body.
- Continue to avoid physical contact until all sores have healed and a fresh layer of skin has formed, which can take two to four weeks.
- If you choose to have sex while sick, avoid kissing and other face-to-face contact, and cover all sores with clothing or sealed bandages. This may help reduce but not eliminate the risk of transmission.
- Avoid touching any rashes or sores on others.
- Minimize skin-to-skin contact, especially at parties or large events.
- Talk to your partners about recent illness.
- Be aware of new or unexplained sores or rashes on your body or your partner’s body, including the genitals and anus.
- If you feel sick, have a new rash, or think you may have a monkeypox infection, stay home and away from others and seek a doctor immediately.

While anyone can get infected with monkeypox, it is important that we take the necessary precautions to keep our LGBTQ+ community safe.

For more information, fact sheets, and translations, use the QR code to visit the Boston Public Health Commission website: boston.gov/monkeypox