**LGBTQ+ COMMUNITY AND MPX (MONKEYPOX)**

**WHAT IS MPX?**

MPX is a viral disease that is transmitted from person-to-person through bodily fluids, physical contact, and previously touched surfaces. MPX can spread from the beginning of symptom onset until the rash has fully healed.

**SYMPTOMS**

- **rash, bumps & blisters**
- **symptom onset can range between 5-21 days**
- **illness typically lasts 2-4 weeks**

Other symptoms may include but are not limited to: fever, headaches, muscle aches and swollen lymph nodes. Symptoms may appear all over the body including genital area.

**PREVENTION**

- Avoid skin-to-skin contact with a suspected or confirmed case of MPX. Including sexual contact, kissing, cuddling and hugging.
- Wash hands with soap and water or use an alcohol-based hand sanitizer.
- Use personal protective equipment (PPE) when caring for people infected with MPX.
- Avoid contact with materials, like bedding, that has been in contact with a suspected or confirmed case of MPX.

For additional prevention measures, please visit cdc.gov/poxvirus/monkeypox/prevention.html

**DO YOU SUSPECT MPX?**

isolate, contact your doctor immediately & stay informed

**WHO CAN GET MPX?**

MPX affects every community! It is important that we reduce the stigma so all communities receive accurate information and practice safe measures to protect themselves and others.

**RESOURCES**

- RUHS MPX
- CDC MPX
- CA LGBTQ Health

**STOP THE STIGMA**

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