

PREPARE FOR PRIDE

KNOW BEFORE YOU GO!

TIPS FROM RUHS- PUBLIC HEALTH



BEFORE

Vaccinate early against MPX, COVID-19 and Influenza (flu).

- MPX vaccination involves a two-dose series 28 days apart: maximum immunity is not reached until **two weeks after the second dose**.
- Perform a self-check for rashes or other illness before attending.
- Stay home if you are sick.
- Pack or bring your own clothes, makeup, bedding and towels if you will be staying with friends to avoid sharing personal items that could carry or spread MPX.



AFTER

- Monitor for signs of illness including a skin rash, fever, headache, muscle aches, back pain, swollen lymph nodes or other symptoms.
- If you contract the flu or COVID-19, ask your healthcare provider about potential treatment with antiviral medication.
- Contact your healthcare provider or visit a public health clinic if a rash or symptoms of MPX are present. Post-exposure Prophylaxis (PEP) may be available.
- If new rash/sores are present, take a break from sexual (oral, anal, or vaginal) and intimate contact (kissing, hugging, cuddling) and attending public gatherings until you see a healthcare provider.
- If diagnosed with MPX, notify your close contacts and sexual partners from within the past 21 days.

DURING

Strategies to reduce the chance of illness can be helpful for everyone, as no vaccine is 100% effective.

- In crowded indoor spaces, consider wearing a mask to prevent the spread of respiratory diseases, like COVID-19 or flu.
- Consider limiting exposed skin in large, crowded gatherings (e.g., clubs), to prevent MPX spread.
- Consider avoiding or limiting visits to spaces that are higher risk for MPX spread like back rooms, saunas, sex clubs, or private and public sex parties where anonymous sexual contact may occur.
- Consider reducing the number of intimate partners to minimize potential exposure to MPX. MPX may spread through kissing as well as other close skin to skin contact.
- Consider using condoms to protect your anus, mouth, penis, or vagina from MPX exposure. Condoms alone may not prevent exposures since the rash can occur on other parts of the body.
- Avoid direct contact with rashes or open lesions. To avoid potentially high-risk exposure, consider masturbating together at a distance without touching each other or having virtual sex.
- Wash your hands, fetish gear, sex toys, and any fabrics after having sex.
- Stay connected to intimate partner/s in case you or they need to reach out about new symptoms or exposures.

**CELEBRATE
PRIDE
SAFELY!**

GET VACCINATED TODAY!

www.ruhealth.org/mpx



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For more information,
please scan the QR code
or visit our website

