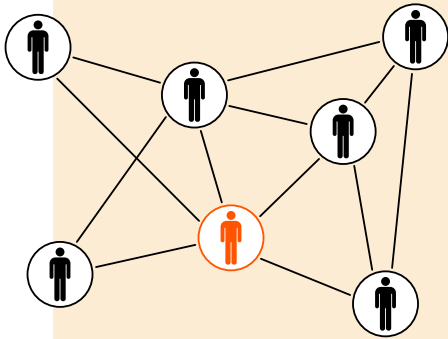


# 6 WAYS WE CAN REDUCE RISK IN THE TIME OF MONKEYPOX

## Consider taking a break from group sex spaces

It might be time to **temporarily** pause going to places with lots of sexual activity until we all get vaccinated. As soon as *fall 2022* we hope to have enough vaccines available for our communities.

*Forget slutty summer, hold off for anal autumn!  
Do it in cider donut season.*



## Form a "sex pod"

Similar to how people established pods to make socializing safer from COVID-19, try a sex pod! Pod members monitor symptoms after last exposure and limit sexual partners to other pod members.

## Practice open & honest communication

Before meeting up with a partner, discuss if you or they have had any other recent sex partners or have had prolonged skin-to-skin contact with others. Talk about your health and whether you have any sores or other monkeypox symptoms.



## Consider condoms

Although the hallmark monkeypox rash or pox can appear anywhere, they are commonly reported on the genitals and anal area. Condom use won't fully protect against monkeypox, but it could help **reduce the risk of skin-to-skin contact** with any lesions in these areas (including internal lesions!).

## Wear more clothing

Monkeypox is mostly spread through skin-to-skin contact. Anything you can do to reduce the amount of exposed skin will make crowded spaces less risky.

*T-shirt at a circuit party? Long sleeves  
at the Eagle? Break out the fetish gear!  
If Kim K can do it, you can too.*



## Take care of yourself and others

**Get vaccinated if you can.** If you test positive for monkeypox, or if you have flu-like symptoms or a new rash, please stay home, get tested, and try to get TPOXX—a safe and likely effective **antiviral treatment** for monkeypox.

Adapted from the Poz.com article "[Six Ways We Can Have Safer Sex in the Time of Monkeypox](#)" by Nicholas Diamond, MPH, Joe Osmundson, PhD, and Grant Roth, MPH



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