



NAVY AND MARINE CORPS FORCE HEALTH PROTECTION COMMAND IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

FACT SHEET

Mpox and Sexual Health

October 2024

Fast Facts & Resources

MPOX SYMPTOMS

- Flu-like symptoms often occur 1-4 days before rash starts and most often includes fever, chills, and swollen lymph nodes.
- The Mpox rash may initially look like pimples or blisters. Rash may be located on hands, feet, chest, face, mouth or near the genitals (including penis, testicles, labia, vagina, and anus), and is often painful.
- The rash will go through several stages, including scabs, before healing.

Navy's Sexual Health and Responsibility Program (SHARP)

Provides health information, education and behavior change programs for the prevention of STIs, including HIV, and unplanned pregnancies.

Go to Navy
SHARP
[Webpage](#) to
learn more:



QUESTIONS?

To contact us:

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For more information:

[Mpox | Health.mil](#)

WHAT IS MPOX?

Mpox (formerly known as monkeypox) is caused by infection with a virus known as **Monkeypox virus** and is spread through close contact with infected people or animals.

HOW CAN I BE INFECTED?

Mpox can spread in different ways, including through:

- Close contact (including intimate or sexual contact) with a person with Mpox;
- Direct contact with an infected animal; or
- Contact with contaminated objects.

CAN I GET MPOX FROM ENGAGING IN SEX?

Yes. Mpox is mainly spreading through close, personal contact including:

- Direct skin-to-skin contact (kissing, cuddling, hugging);
- Contact with saliva or mucus and bodily fluids;
- Intimate contact including oral, anal, or vaginal sex, touching the genitals or anus;
- Contact with objects, fabrics, and surfaces that have not been disinfected after use by someone with mpox. This includes items like clothing, bedding, towels, toothbrushes, or sex toys.

WHAT CAN I DO TO LOWER MY RISK OF BECOMING INFECTED WITH MPOX?

Vaccination is an important tool in preventing the spread of Mpox.

- JYNNEOS is a two-dose vaccine that protects against mpox. Getting both doses provides the best protection.
- Exchange contact information with any new partner to allow for sexual health follow-up.

- Talk with your sex partner about any Mpox symptoms and be aware of any new rash or lesions.
- Limit your number of sex partners to reduce likelihood of exposure.
- Private and public sex parties, where intimate or anonymous sexual contact with multiple partners occurs are more likely to spread Mpox.
- Condoms may protect your anus, mouth, penis, or vagina from exposure to Mpox. However, condoms alone may not prevent all exposures to Mpox since the rash can occur on other parts of the body.
- Remember to wash your hands, sex toys, and any fabrics (bedding, towels, clothes) after having sex.
- Sexual contact with new partners while traveling in areas experiencing Mpox outbreaks (e.g. Central Africa) is especially risky, and pre-travel vaccination is strongly recommended.

WHAT SHOULD I DO IF I THINK I HAVE BEEN EXPOSED OR INFECTED WITH MPOX?

If you have been exposed to Mpox or have a new or unexplained rash or have other mpox symptoms:

- Contact your healthcare provider to determine if you should be vaccinated or tested.
- Avoid close contact, including sex or intimacy with anyone until you have talked with your healthcare provider.
- Avoid gatherings, where close, personal, skin-to-skin contact occurs.