



Monkeypox Information for New Yorkers

Sign Up for Text Alerts

Monkeypox cases are increasing in NYC. Text “MONKEYPOX” to 692692 to get free updates and information from @NotifyNYC. Learn more: nyc.gov/monkeypox

Text “MONKEYPOX” to 692692 to get free alerts about monkeypox from @NotifyNYC. Learn about the latest updates on monkeypox in NYC: nyc.gov/monkeypox

New Yorkers: Stay informed about monkeypox! Text “MONKEYPOX” to 692692 for real-time updates from @NotifyNYC or visit nyc.gov/monkeypox.

Monkeypox Prevention and How to Reduce Your Risk

Monkeypox is spreading in NYC, but there are things you can do to prevent it! Learn how to reduce your chance of getting and spreading monkeypox by watching this video from @CDCgov:

https://youtu.be/xf2x62i1_c8

Lower your chance of getting monkeypox: Consider how much close skin to skin contact is likely to occur at the event you plan to attend. Lower risk activities include festivals, events and concerts where attendees are fully clothed and unlikely to share skin to skin contact. More tips: nyc.gov/monkeypox

Lower your chance of getting monkeypox: Activities with some risk include raves, parties or clubs where there is minimal clothing and direct skin to skin contact. More tips: nyc.gov/monkeypox

If you or your partner have or think you might have monkeypox:

- ✗ Do not have sex or close physical contact
- ✗ Avoid kissing and sharing saliva

Instead:

- ✓ Have virtual sex
- ✓ Masturbate together at a distance without touching each other

Anyone can get and spread monkeypox. The current cases are primarily spreading among social networks of gay, bisexual and other men who have sex with men. If you have multiple or anonymous sex partners, your likelihood of exposure is high. Info: nyc.gov/monkeypox

When making plans, consider the level of risk of getting monkeypox: Clubs, raves, saunas, sex parties and other places with skin-to-skin or face-to-face contact with many people may increase your risk of exposure. More: nyc.gov/monkeypox

Prevent the spread of monkeypox:

- ☑ If you are sick, avoid sex or close physical contact.
- ☑ If you have sex while sick, avoid kissing and other face-to-face contact, and cover all sores.
- ☑ Wash your hands, sex toys and bedding before & after sex.

More: nyc.gov/monkeypox

To help prevent the spread of monkeypox: If you choose to have sex while sick, avoid kissing and other face-to-face contact. Also, cover all sores with clothing or sealed bandages. Learn more: nyc.gov/monkeypox

Monkeypox Symptoms

If you have a new or unexplained rash sores or other symptoms, avoid sex or being intimate with anyone until you have been checked out by a health care provider. If you don't have a provider, call 311. More info: nyc.gov/monkeypox

The most common symptom of monkeypox is a rash or sores that can look like pimples or blisters. These may be all over the body or just in certain parts, such as the face, hands or feet, as well as on or inside the mouth, genitals or anus. Info: nyc.gov/monkeypox

If you start experiencing symptoms of monkeypox, talk to your health care provider. If you do not have a health care provider, call 311. A provider will check your symptoms and may order testing. More on what you should do: nyc.gov/monkeypox

Symptoms of monkeypox usually start seven to 14 days after exposure, but in some cases they may not appear for up to 21 days. The most common symptom is a rash or sores that can look like pimples or blisters. Learn more: nyc.gov/monkeypox

To prevent monkeypox: If you or your partners are sick, especially if you or they have a new or unexpected rash or sore, do not have sex or close physical contact. Avoid clubs, parties or gatherings until you have talked to a health care provider: nyc.gov/monkeypox

How Monkeypox Spreads

Monkeypox can spread during sex through skin-to-skin contact or through contact with clothing, bedding, towels, sex toys and other items used by a person with monkeypox and that have not been cleaned. Learn more: nyc.gov/monkeypox

Monkeypox can spread to anyone during sex through close, often skin-to-skin contact, including:

- Oral, anal and vaginal sex
- Touching the genitals or butt
- Hugging, cuddling, massage and kissing
- Touching fabrics and other objects

Learn more: nyc.gov/monkeypox

The monkeypox virus is most often spread through direct contact with a rash or sores of someone who has the virus. It can also spread through contact with clothing, bedding or other items used by a person with monkeypox. Learn more: on.nyc.gov/monkeypox

Having sex or other intimate contact with multiple or anonymous people (such as those met through social media, dating apps, or at parties) can increase your risk of exposure to monkeypox. Learn how to reduce your risk: on.nyc.gov/monkeypox

Additional Resources

- [What You Need to Know About Monkeypox](#)
- [CDC: Monkeypox](#)
- [CDC: Social Gatherings, Safer Sex and Monkeypox](#)
- [CDC: Monkeypox graphics](#)