

Important info for you about monkeypox



Stay Well & Healthy

when you're out and about by keeping hydrated, washing your hands often, and taking a break if things get too much.



Let's look out for each other!



ask for help if you or someone else is having a rough time.



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There's currently an outbreak of monkeypox doing the rounds. It's passed on through close physical contact - including during sex. It's important for us all to know about monkeypox and its symptoms, and to know what steps to take if we think we might have it.

Monkeypox is mostly being diagnosed in gay men, including those of us having lots of sex. We know that monkeypox is being passed on in places where lots of skin-to-skin contact happens - including saunas, sex venues, hot-sweaty clubs, and during sex parties at home.

If you have a temperature, swollen glands, and recent rashes, blisters or sores - including round your genitals - we **STRONGLY** urge you to **TAKE A BREAK** from close physical contact with others until you seek medical advice, and know you're well.

Be on the look-out for monkeypox symptoms in the weeks after sex or close physical contact and phone for medical advice (see below) if you notice any symptoms.

If you develop symptoms and/or are diagnosed with monkeypox, if it's possible - and safe - to do so, let your recent close physical contacts know, so they can be on the lookout for symptoms too.

If someone you've been in close contact with tells you they've got monkeypox symptoms, seek medical advice (as below). No-one likes to find out they have a new infection. The way we respond when we're told - from a hook-up or by a friend - will determine how someone tells others in the future. Gossip, rumour, and nasty responses help none of us. Let's keep it supportive!

More info at:

queerhealth.info/monkeypox



If you think you have monkeypox

Contact your usual sexual health clinic.

You can also call NHS 111 for advice.



If you got busy recently, now is a good time to test for STIs. If you don't have symptoms, you can use a postal testing service such as **www.shl.uk**

If you're living with HIV, SHL is also available for you to use for testing for STIs, in between your HIV treatment appointments.

If you **DO** have symptoms of an STI, contact your usual sexual health clinic.

Testing for STIs, HIV and monkeypox is FREE in the UK for EVERYONE. If you are here as a student, for work, or have insecure immigration status, these services are still **FREE** and **CONFIDENTIAL** to you.

Monkeypox vaccination is available for **FREE** to eligible people through NHS sexual health clinics. Contact your usual clinic or find a monkeypox vaccine clinic at www.mpx.shl.uk