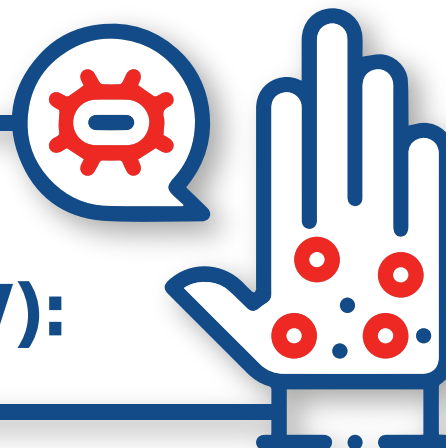


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## Safety Tips to Protect Against Monkeypox (MPV):

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- 1** If you are planning to attend large events, get tested for MPV prior to and after the event. Only a healthcare provider can order an MPV test, but state health departments may have more information available about where to access testing options near you. Check out this resource to find your state or territory's health department website: [www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html](http://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html)
- 2** The MPV incubation period—the number of days between exposure to MPV and when you might begin to see symptoms—is **between 3 and 17 days**. If you believe you may have been exposed, watch for symptoms and, if possible, consult a healthcare provider to seek testing at least once during this period, even if no symptoms present.
- 3** MPV vaccine supplies are limited. If you are not sexually active or otherwise at low risk of contracting MPV, consider waiting until vaccine supplies are ample enough to provide for all who wish to be vaccinated.
- 4** If you are in the process of being vaccinated and between vaccine doses, consider reducing or avoiding sexual activity or situations in which you might be exposed to MPV
- 5** If you have already received both doses of the MPV vaccine, your protection against the virus will be highest two weeks after your second dose.
- 6** Because MPV is most effectively spread through sexual contact, talk to your sexual partners about MPV to determine if either you or they are experiencing symptoms.
- 7** If you are able to do so, consider reducing the number of sexual partners until transmission rates have decreased.
- 8** If you wish to be vaccinated, check out this valuable resource to find a vaccine provider near you: <https://mpoxvaxmap.org/> (courtesy of Building Healthy Online Communities).