


## Monkeypox Toolkit: Social Media Tiles

### SET 1: KNOW MONKEYPOX

#### Social copy:

Here is what you need to know about the [#monkeypox](#) disease in the [@WHO](#) European Region.

Follow the health advice to protect yourself and others from monkeypox 

Social tiles: download link <https://who.canto.global/b/OL9AJ>

### MONKEYPOX: WHAT YOU NEED TO KNOW

Swipe right to learn about **MONKEYPOX** and health advice to protect yourself and others.



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### What are the monkeypox symptoms I should look out for?

- Rash with blisters on any part of the body (starting on mouth, anus or the genitals if transmitted during sex)
- Inflammation and pain in the rectum.
- Swollen lymph nodes.
- Fever.

These symptoms can be accompanied by headaches, muscle aches and low energy.



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## How is monkeypox spread?

To catch monkeypox you need to have **close contact with someone who has monkeypox**, or with a contaminated object.




Monkeypox spreads most easily during **direct skin-to-skin contact** – including during sex.


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## How can I protect myself?

 Learn about monkeypox symptoms and how it spreads.

 Practice safer sex, including limiting the number of sexual partners.

 Keep your hands clean, using soap and water, or an alcohol-based sanitizer.

If you think you are at higher risk of getting monkeypox, contact your health provider to learn how to lower your risk of infection.

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## What to do if I suspect I have monkeypox?

- Seek medical advice by contacting your health care provider.
- Get tested for monkeypox, if advised.
- Self-isolate as much as you can and avoid close contact with others.
- Take a break from having sex until you have a negative test result.
- Ask your close contacts and sexual partners if they have similar symptoms.



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## What to do if I have monkeypox?

- Self-isolate and follow the advice of health authorities.
- Avoid contact with pregnant women, young children, and immunocompromised people until you have recovered.
- Take a break from sex until the last scab has fallen off.
- Share details of close and sexual contacts with health authorities or inform your contacts yourself.
- Because of current uncertainties about transmission, wear a condom for 12 weeks even after you have fully recovered.


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## SET 2: RISK COMMUNICATION MESSAGES FOR EVENT ATTENDEES

### Social copy:

Planning to attend a summer festival or an event?

Follow the health advice to protect yourself and others from [#monkeypox](#) 

**Social tiles:** download link <https://who.canto.global/b/HH03G>



## PLANNING TO ATTEND A SUMMER FESTIVAL OR AN EVENT?

Swipe right to learn about  
**MONKEYPOX** and health  
advice to protect yourself  
and others



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## Before the event

- Learn more about monkeypox and what to do to protect yourself.
- Don't trust everything you read/see online and only access reliable information from health authorities and international organizations.
- If you have any monkeypox symptoms – typically a rash – take a break from festivals and crowded events and contact your healthcare provider.



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## During the event

### Practice safer sex.

Be aware that:

- Multiple and frequent sexual contacts may put you more at risk of monkeypox infection.
- Condoms might not fully prevent infection with monkeypox.
- Sex toys should be kept clean and not shared.



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## During the event

- Be aware of your current health status and if in doubt, take a break from activities that could put others at risk.
- Practice regular hand hygiene.
- Keep up to date with the latest information and advice from health authorities and event organizers.



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## After the event

- If you think you might have monkeypox, contact a health care provider or a sexually transmitted infection (STI) clinic.
- If you notice a new rash with blisters on your partner's body, especially around the genitals or the anus, talk with them, avoid sexual contact, and advise that they contact an STI clinic or health provider.



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## After the event If you are diagnosed with monkeypox

- Self-isolate and follow the advice of your health authorities.
- Take a break from sex, until your symptoms disappear, and the last scab has fallen off.
- Avoid contact with pregnant women, young children, and immunocompromised people until you have recovered.
- Share the details of close and sexual contacts with health authorities or inform your contacts yourself.
- Because of current uncertainties about transmission, wear a condom for 12 weeks even after you have fully recovered.



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