

National Coalition for
LGBTQ Health

Mpox Education for Peers

healthlgbtq.org

National Coalition for LGBTQ Health

- Strives to improve the health and well-being of lesbian, gay, bisexual, and transgender individuals through advocacy, education, capacity building, and health services research.
- Encompasses the entire LGBTQ+ community, including individuals of every sexual orientation, gender, gender identity, race, ethnicity, and age regardless of disability, income, education, and geography.
- Leads the annual National LGBTQ Health Awareness Week which it created 23 years ago.

What is Mpox?

- Mpox (formerly called monkeypox) is a contagious viral illness caused by the mpox virus. The disease has been known for decades, primarily in parts of Central & West Africa.
- It can be passed through close personal contact, including skin-to-skin contact during sex or other intimate contact.
- There are two types (clades) of the virus: Clade I & Clade II. The U.S. outbreak that began in 2022 involved a form of Clade II (sometimes known as Clade IIb).
- Transmission continues today.
- More recently, cases of Clade I mpox—a more severe type—have also been identified in the United States.

Awareness, early medical care, and vaccination remain important tools as part of everyday, routine connection to a person's healthcare.

What are Symptoms?

- Symptoms usually appear within 3 weeks after exposure. Most people recover within 2–4 weeks.
- Common symptoms of mpox include a rash or skin lesions that may look like bumps, blisters, or pus-filled sores.
- This can appear anywhere on the body, including penis, rectum, groin, buttocks, face, hands, or feet.
- Some may develop only a few localized spots, while others experience a more widespread rash and/or lesions.
- Other symptoms can include fever or chills, swollen lymph nodes, headache, muscle aches, and fatigue.

Who Does Mpox Affect?

- Mpox can affect anyone, but during recent outbreaks, gay, bisexual, and other same-gender-loving men, as well as transgender individuals, have been especially impacted.
- CDC and WHO data show it has circulated more frequently in social and intimate networks where close, skin-to-skin contact is more common.
- People with severely immunocompromised conditions, like those with uncontrolled HIV, are at the highest risk for severe illness.
- Awareness of mpox and protection through vaccination are essential in reducing transmission—particularly within the LGBTQ community.

Steps to Reduce Mpox Risk

Protecting Yourself & Your Community from mpox

- Wash your hands regularly with soap and water.
- Take a break from skin-to-skin contact if you or your partners have new or unexplained sores or rash.
- Check-in regularly with your partner and healthcare provider or care team(s).
- Clean shared surfaces and items often.
- Shower after sex or intimate contact or encounters.
- Consider reducing the number of partners or anonymous encounters to lower mpox risk.
- *Building awareness, recognizing symptoms, and maintaining routine prevention and care are all important parts of staying healthy.*

How Can I Gain Protection?

If you're interested in learning more or taking steps toward vaccination:

- Talk with your healthcare provider, pharmacist, a trusted peer, or another health professional about mpox and where vaccination is available in your area.
- Vaccination is the best protection against mpox.
- If you may have been exposed, getting vaccinated within 4 days can help prevent illness.
- If vaccination occurs within 14 days, it may still help reduce symptoms.*
- Getting both doses of the vaccine provides the strongest protection.
- If you missed your second dose, it's never too late to complete the series.

Where Can I Get More Info and Get Vaccinated?

- Friends, peers, and trusted community members can be a helpful source of information when learning more about mpox and taking steps towards vaccination.
- Mpox vaccines are widely available.
- Mpox vaccines are available at pharmacies, healthcare providers, and select local health departments.
- Healthcare providers, pharmacists, or other health professionals can help you find where vaccines are available in your community.
- LGBTQ-affirming and community clinics can also help answer questions and connect people to vaccination.

What to Know About the Mpox Vaccine

- The mpox vaccine is given as a two-dose series, with the second dose usually given about 4 weeks after the first
- Protection builds over time and is strongest after the second dose.
- If you missed your second dose, you can still get it later and complete the series.
- Vaccination soon after exposure may still help prevent illness or reduce symptoms.
- The Vaccine is protective of both Clades I & II.

What to Know About the Mpox Vaccine

- Today, the mpox vaccine is usually given as a shot in the upper arm.
- Earlier in the outbreak, some doses were given just under the skin in the forearm to stretch vaccine supply. That approach raised concerns in some communities and populations because the injection could leave a visible mark or scarring. Some worried that could signal a person's risk or behavior, rather than routine care.
- Available data and real-world experience show that the vaccine is generally well-tolerated, with most side-effects being mild, such as redness, swelling, or pain at the injection site.
- Serious reactions are rare.*

Where Can I Learn More

- This presentation is part of the MFax campaign created by the National Coalition for LGBTQ Health to raise awareness about mpox.
- Visit mfax.org for facts and information on mpox vaccination and prevention strategies.
- For additional information, data, links to resources, and general news on mpox in the United States, please visit the Coalition's Mpox Resource Center at HealthLGBTQ.org/mpox.



References

- CDC, <https://www.cdc.gov/mpox/prevention/index.html>
- World Health Organization, <https://www.who.int/health-topics/mpox>
- Cleveland Clinic, <https://my.clevelandclinic.org/health/diseases/22371-monkeypox>
- Mayo Clinic, <https://www.mayoclinic.org/diseases-conditions/infectiousdiseases/expert-answers/monkeypox-faq/faq-20533608>
- *Two vaccines can be used to prevent mpox: JYNNEOS[®] and ACAM2000[®], but only a 2-dose JYNNEOS regimen has been used in the ongoing clade II outbreak.

HealthLGBTQ National Training Center



HealthLGBTQ
National Training
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www.HealthLGBTQ.org



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Topics will include:

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Gender-affirming care

Unique healthcare needs of LGBTQ+ patients

Aging in the LGBTQ+ community

Inclusive care models

Alcohol and substance use among LGBTQ+ patients

Social determinants of health and more

The LGBTQ Equity in HIV Prevention and Treatment Series

1 Individualizing HIV Prevention and Treatment

2 Accessing HIV Prevention & Care Services

3 Providing Optimal HIV Care to Transgender and Nonbinary Patients

4 Engaging Same-Gender-Loving Black and Latino Men in HIV Care

5 Coordinating Care for Older LGBTQ Adults



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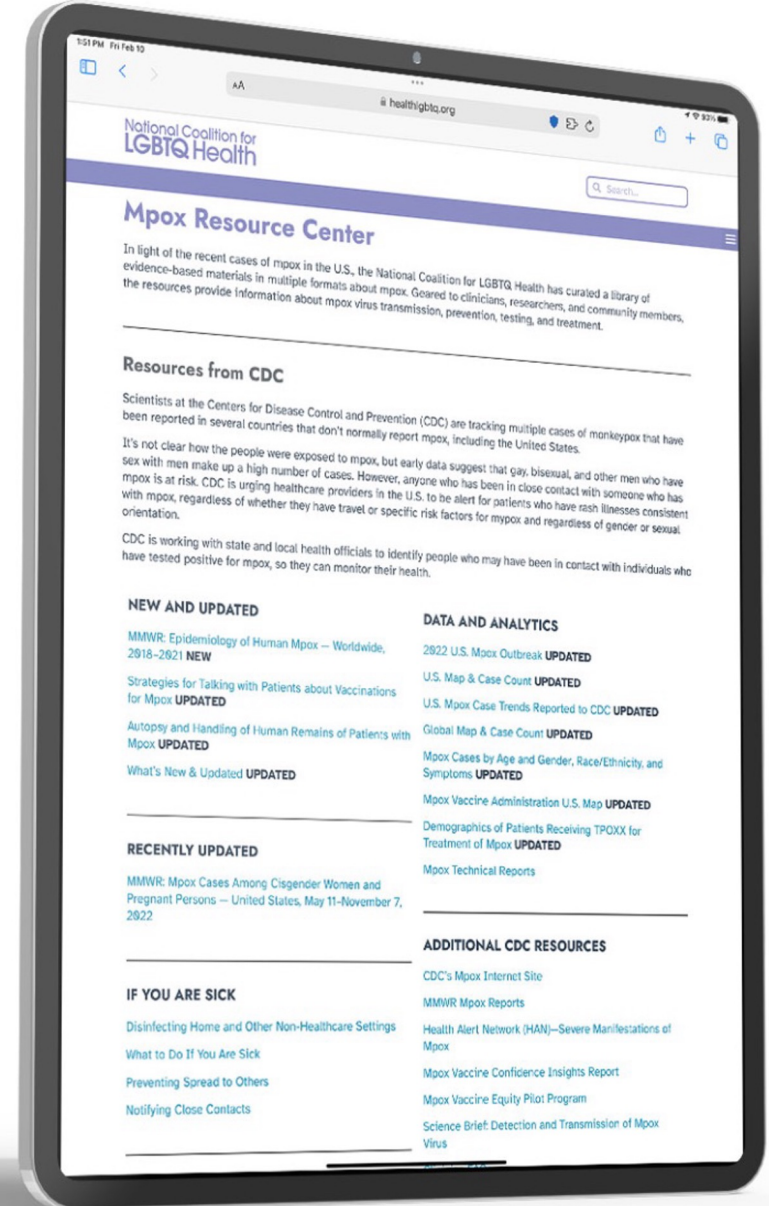


Join a national community of providers advancing LGBTQ health equity

Mpox Resources

The National Coalition for LGBTQ Health's **Mpox Resource Center** provides information, data, links to resources, and general news from multiple sources on mpox in the United States on topics including prevention, transmission, testing, and treatment.

Visit: www.healthlgbtq.org/mpox.



Mpox Resource Center

The Mpox Resource Center contains the following components:

- Webinars and events
- Mpox information, data, and trackers
- Links to partner resources
- Mpox updates and news
- Videos and media



The National Coalition for LGBTQ Health has launched a microgrant program* with LGBTQ organizations to support their efforts to increase mpox awareness through dissemination of information and educational resources.

The awareness and educational materials are designed to further empower communities with knowledge and resources for dissemination, enabling them to more fully engage in preventive measures and raise awareness of vaccination and its equitable access. Micrograntee outreach efforts are supported by the Coalition's [Mpox Resource Center](#), which provides information, data, links to resources, and general news from multiple sources on Mpox in the United States and globally.

** The microgrant program is made possible through a grant from Bavarian Nordic. Inc.*

[LEARN MORE](#)

MFax Campaign



The **new "mfax" national campaign** focuses on LGBTQ audiences and seeks to facilitate mpox awareness and education through the use of digital and print assets, including: graphics, fact sheets, social media posts, and material distribution.

Visit: www.mfax.org.



MFax Campaign Examples

"How do I protect my community from mpox?"



Increase awareness about signs and symptoms of infection and prioritize keeping at-risk people safe by encouraging vaccination.

Get the facts at mfx.org.



"Where can I find more information on mpox?"



You can find important, up-to-date information and links about mpox at mfx.org, presented by the National Coalition for LGBTQ Health.



"Is it true that mpox is no longer spreading in the United States?"



No — mpox is still out there. Get the facts about mpox vaccinations and other prevention strategies at mfx.org.



"Who is impacted most by mpox in the United States?"



While anyone can get mpox, recent outbreaks have predominantly affected the LGBTQ community.

Get the facts at mfx.org.



"Is it true that mpox is no longer spreading in the United States?"



No — mpox is still out there. Get the facts about mpox vaccinations and other prevention strategies at mfx.org.



"Should I get vaccinated against mpox?"



Yes, mpox vaccines can prevent infection and lessen the severity of symptoms.

Get the facts at mfx.org.



"Is mpox only transmitted through sex?"



No — mpox can be transmitted through close contact, including, but not limited to, sexual contact.

Get the facts at mfx.org.



"What are the symptoms of mpox?"



Symptoms can include rash, fever, chills, swollen lymph nodes, fatigue, and respiratory issues.

Get the facts at mfx.org.



Q&A

For More Information

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