Monkypox is a contagious viral disease that is currently being seen in communities of gay and bisexual men. Local healthcare providers, government agencies, and businesses are collaborating to ensure that the Provincetown community is informed about monkeypox so together we can protect each other and limit its spread.

**Steps to Protect Our Community**

1. **First, don’t panic.**
2. **Get informed and know the basics:**
   a. The monkeypox virus (MPV) can be spread in fluid or pus from monkeypox sores and sometimes through prolonged exposure to respiratory droplets.
   b. Transmission can occur during close physical contact – including sexual intimacy – or by exposure to bedding or towels used by a person with monkeypox.
   c. Monkeypox can make you sick, often with an earlier flu-like illness followed by the development of a rash or sores (pox).
   d. If you or any recent partners (from the past 21 days) have unusual sores or a rash or you suspect exposure, please stay home, avoid sex, and contact a healthcare provider.
   e. If you are infected, avoid intimate contact with anyone until all your sores have healed and a fresh layer of skin has formed.
3. **Talk to your friends, colleagues, and sex partners about monkeypox.**
4. **Support each other. Avoid stigmatizing language and behavior. We’re in this together!**

**Stay Informed. Stay Healthy.**

AIDS Support Group of Cape Cod, Outer Cape Health Services, and the Provincetown Health Department are closely monitoring the situation here in town. Scan the QR code below for updates.

Resources and Recommendations, as of June 2022