

HOW TO TAKE CARE OF YOURSELF WHEN DIAGNOSED WITH MPOX

These are recommendations. You should always talk to your provider for recommendations based on your case and symptoms.



Keep yourself hydrated.



Sanitize your hands.



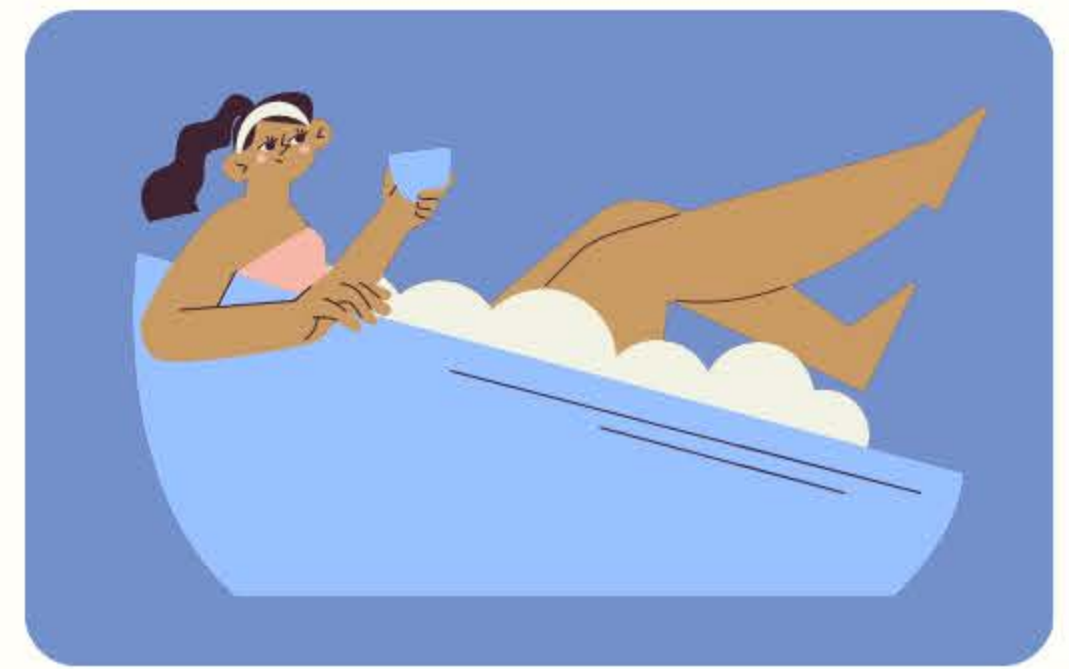
Do your best to rest.



Avoid scratching and picking.



Wash your skin with soap and water.



Soaking can help relieve pain, especially after bowel movements.



Take over the counter pain medication like Advil or Tylenol. Choose what works best for you.



Protect pox with gauze before putting on bandaids or covering.



For throat sores, rinse with salt water. Prescription mouthwash or local anesthetics can help manage pain.