

Ways to make yourself more comfortable if you have mpox symptoms:

For itchy rash:

- Oral anti-histamines (such as Benadryl) or topical ointments/petroleum jelly (such as Vaseline)

For painful sores in the mouth:

- Oral rinses or topical oral gels (such as Orajel)

For painful sores in genital or anal region:

- Take a warm sitz bath, or use topical cream (such as RectiCare)
- Keep sores clean and dry when you are not bathing

For proctitis (swelling of the lining of the rectum):

- Use stool softeners (such as Docusate) or over-the-counter pain medications

For nausea and/or vomiting:

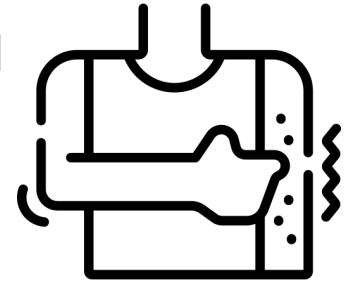
- Talk to a healthcare provider about medications to control nausea

For diarrhea:

- Drink water and other fluids with electrolytes to stay hydrated

For bacterial infections:

- Talk to your healthcare provider if you may need antibiotics



Seek emergency medical care right away if you have:

- Blood in urine
- Difficulty urinating
- Difficulty retracting foreskin/returning foreskin to normal position
- Difficulty passing a bowel movement
- Bloody stool
- Diarrhea
- Pain that you cannot manage at home

