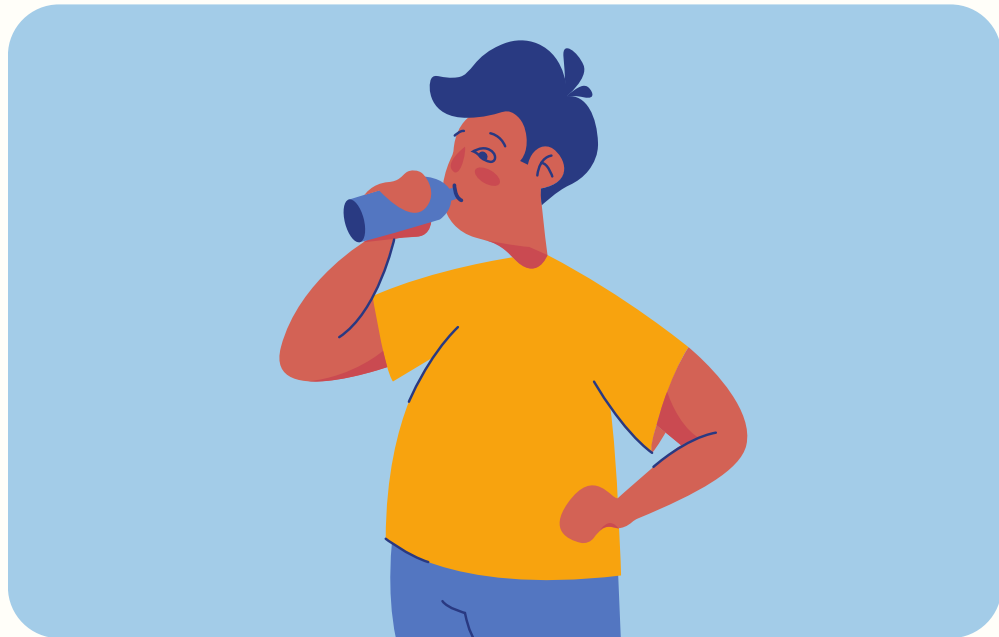


# How to take care of yourself when diagnosed with Mpox



Keep yourself hydrated.



Sanitize your hands.



Lie down, take a nap, do your best to rest.



Avoid scratching and picking, as it will make things worse.



For Mpox sores in throat, rinse with salt water 3 or 4 times a day and after eating.



Wash your skin with soap and water.



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.



If you have a bath, soaking can help relieve pain, especially after bowel movements.

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