

Recovering from monkeypox at home

If you think you might have monkeypox, self-isolate and contact a health worker immediately. If they advise that you isolate at home, keep in touch with them and seek immediate advice if your rash becomes more painful, shows signs of being infected (such as fever, redness or pus), if your fever, nausea or vomiting get worse, if you are unable to eat or drink, have difficulty breathing or if you feel dizzy or confused.

How to take care of yourself if recovering at home:



Keep hydrated, eat well and get enough sleep. Use medication for pain and fever if needed.



Take care of your rash:



Don't scratch.



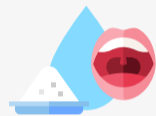
Clean your hands before and after touching lesions.



Keep your rash dry and uncovered.



Keep rash clean with sterilised water/antiseptic.



Rinse lesions in your mouth with clean, salt water at least four times a day. Consider the use of oral antiseptic or anaesthetic (e.g. chlorhexidine mouthwash, lidocaine).



For genital and anorectal lesions take warm sitz baths with baking soda/Epsom salt.



Use paracetamol to manage fever and mild pain or discomfort of lesions, if needed.

Take care of your mental health:



Do things you find relaxing/enjoyable.



Stay connected.



Exercise if you feel well enough and can do so while isolating.

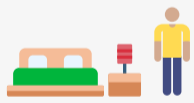


Ask for support if you think your lesions or general symptoms are getting worse.

How to protect others if you are isolating at home:

Avoid contact with anyone until all of your lesions have scabbed over, fallen off and a fresh layer of skin has formed. Ask friends or family to deliver supplies.

If you live with other people:



Isolate in a separate room.



Use a separate bathroom, or clean and disinfect (with household disinfectant) after each use.



Clean hands frequently using soap and water or an alcohol-based hand sanitizer.



Clean and disinfect frequently touched surfaces and objects with soap and water and household disinfectant.



Avoid sweeping and vacuuming.



Use separate dishes, cups, bedding, towels and electronics such as phones.



Do your own laundry. Put everything in a plastic bag before carrying it out to the washing machine or washing area. Use soap and hot water. Ideally, the water should be at least 60 degrees.



Open windows.

If you can't avoid being in the same room as someone else:



Cover rash with clothing/bandages.



Avoid touching each other.



Wear well-fitting medical masks.



Open windows.



Clean hands often.

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