

SUPPORTIVE HOME CARE GUIDE FOR MPX



Public Health

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WHAT YOU CAN DO AT HOME

- Keep rashes clean and dry when not in the shower/bathing to prevent bacterial infections.
- Stay hydrated during your illness, especially if you are also experiencing diarrhea.
- For painful genital and anorectal lesions or inflamed prostate, warm sitz baths* lasting at least 10 minutes several times per day may help with pain and inflammation.



TAKING CARE OF LESIONS

- Try not to scratch or pick lesions to avoid scarring or spreading of the virus.
- Use petroleum products like Aquaphor to soothe skin.
- Use products with glycolic acid or salicylic acid to reduce scarring.
- Use sensitive skin products during and after to avoid skin irritation such as gentle; fragrance free laundry detergents, body wash and lotion.

HOME TREATMENT FOR PAIN OR DISCOMFORT

Consider over the counter medication options, as needed:



For pain and fever (e.g., acetaminophen, ibuprofen).

For itchiness (e.g., antihistamine medication, calamine lotion, or petroleum jelly).



For lesions in the mouth (e.g., Chlorhexidine mouthwash to keep lesions clean).

For nausea and vomiting (e.g., antinausea or nausea relief medication).



For inflamed prostate (e.g., stool softeners to help with relieving pain or pressure when using the restroom).

WHAT IS A SITZ BATH?

A sitz bath involves sitting in **shallow** (2 to 3 inches) of **lukewarm water** that should cover your private parts to help relieve pain in your bottom and surrounding areas. Don't add shower gel, bubble bath, or any type of soap to a sitz bath as it may cause additional irritation. You can soak **up to three times** a day for **10 to 15 minutes**. **Afterward, gently pat the area dry using a soft towel. You can also dry off by using a hair dryer on a cool or low, warm setting.**



Medical supply stores and pharmacies also sell small plastic tubs or basins that fit over a toilet seat that can be used for a sitz bath.

TALK WITH YOUR HEALTHCARE PROVIDER

Ask about prescription medications which may help with symptoms or illness:

- "Magic" or "miracle" mouthwash or numbing gels which may help with pain from mouth lesions.
- Antinausea or constipation medication.
- Numbing gels which may be able to help with rectal or genital pain.
- Antibiotics if you develop a bacterial skin infection.

Consider also getting tested for sexually transmitted infections (e.g., HIV, gonorrhea, chlamydia, syphilis), which may require treatment.

Contact your healthcare provider if you are experiencing bleeding from your rectum or if you are experiencing other concerning symptoms which are not helped by your homecare practices.