

What you need to know if you are recovering from **monkeypox** at home

Self-isolate and contact a health worker.
Seek immediate advice if:



Your rash becomes very
painful/gets infected



Your fever,
nausea or vomiting
gets worse



You can't eat
or drink

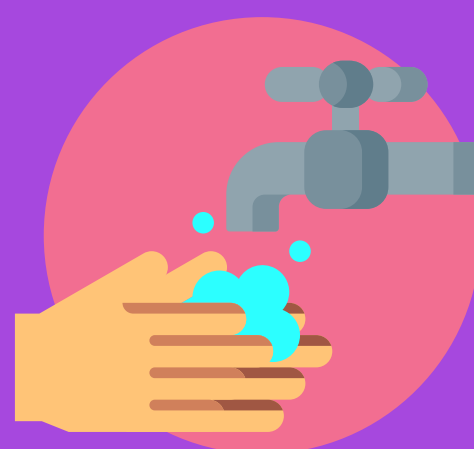


You have difficulty
breathing, feel dizzy
or confused

How to take care of your rash if you are recovering at home with **monkeypox**:



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 sores in your mouth with salt water



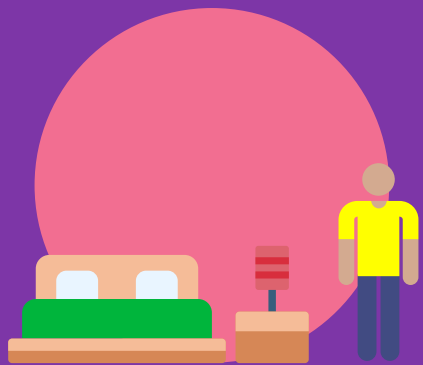
Take warm baths with baking soda/Epsom salts



Use paracetamol for discomfort, if needed

How to protect people you live with if you are isolating at home with **monkeypox**:

You are infectious until all your sores have scabbed over, fallen off and a fresh layer of skin has formed underneath.



Isolate in a separate room



Use a separate bathroom or clean/disinfect after each use



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



Clean and disinfect frequently touched surfaces and objects



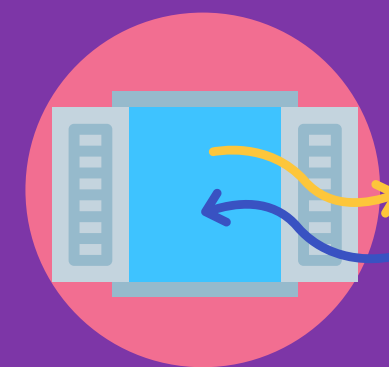
Avoid sweeping and vacuuming



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



Do your own laundry. Put everything in a plastic bag before carrying it to the washing machine. Use soap and water > 60 degrees



Open windows

How to protect others from **monkeypox** if you can't avoid being in the same room:



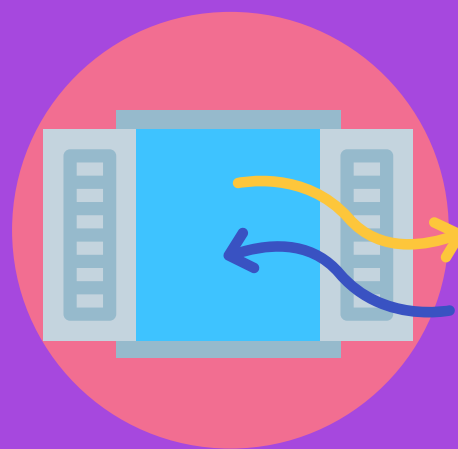
Cover rash with clothing/bandages



Avoid touching each other



Wear well-fitting medical masks



Open windows



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

Take care of your mental health while isolating at home with **monkeypox**:



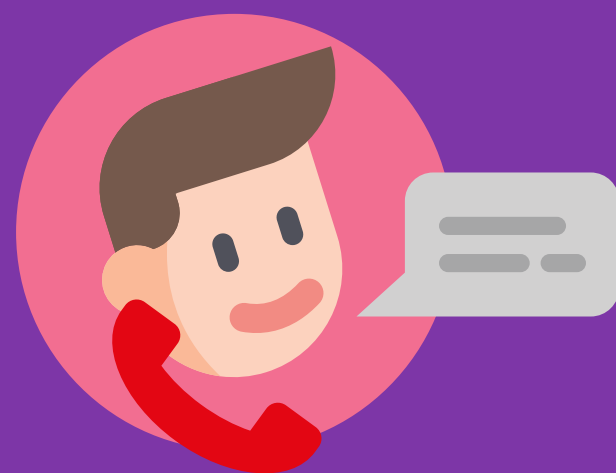
Do things you find relaxing/enjoyable



Stay connected



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



Ask for support if needed



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

**Your health
is precious.**

**Stay informed.
Stay healthy.
Stop monkeypox.**