

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 salt water



Take warm baths with baking soda/Epsom salt



Use paracetamol to manage the 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 needed

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 to the washing machine. Use soap and water > 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