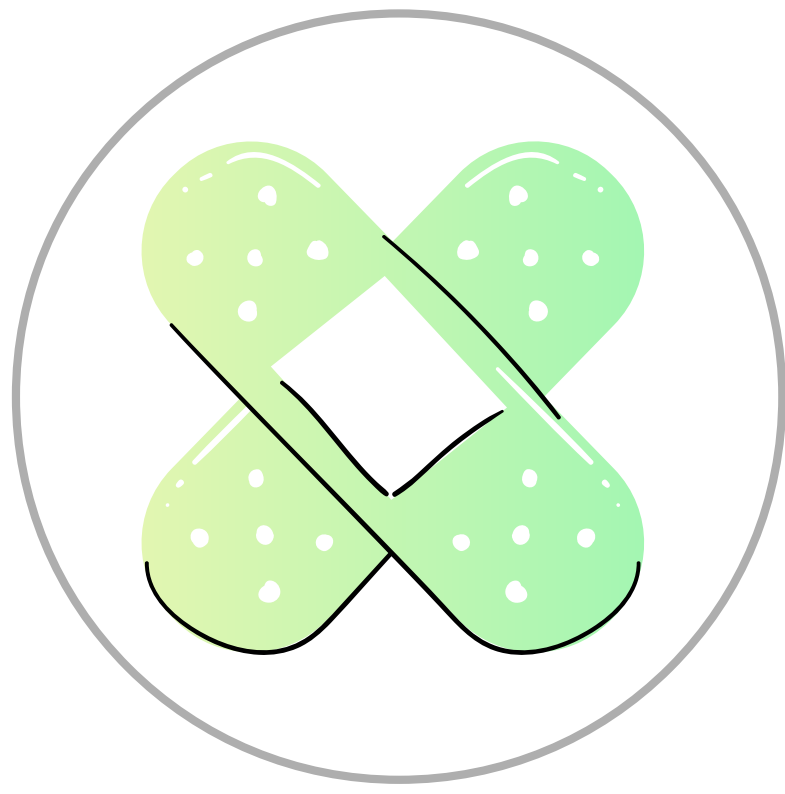
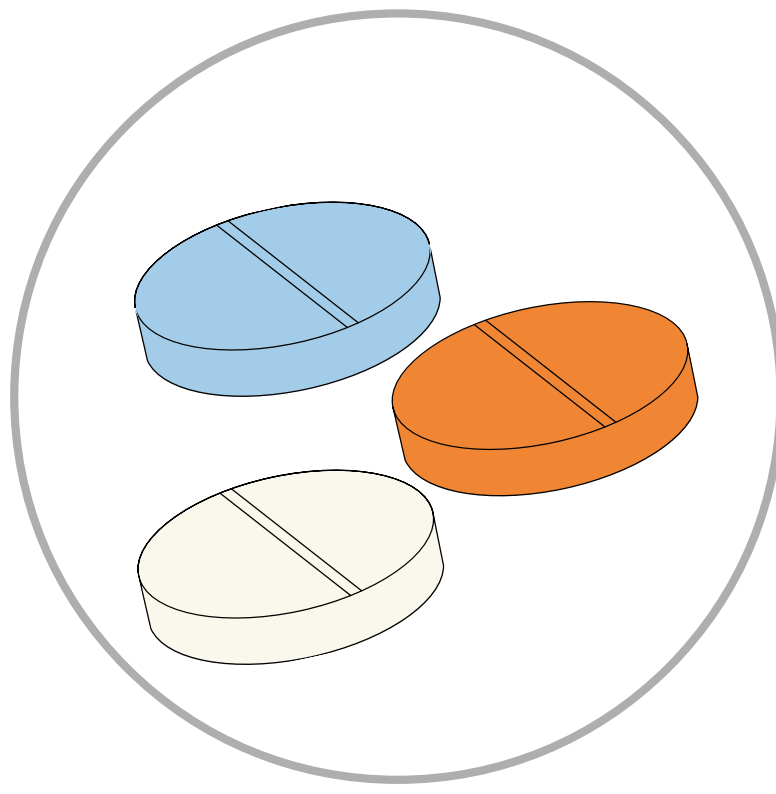


Mpox Care Kit

TOOLS TO BUILD YOUR OWN MPOX CARE KIT THIS CAN ALSO HELP PREVENT EXPOSURES



Band-aids/covering: choose what's best for you and ensure it's large enough for the pox to grow



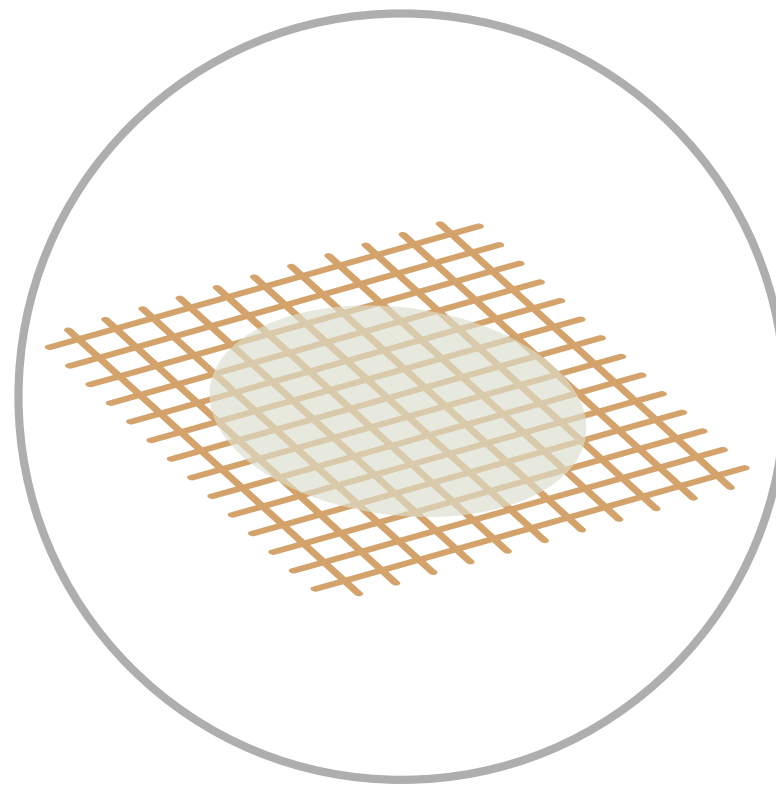
Take Tylenol/Advil (whatever meds work best for you)



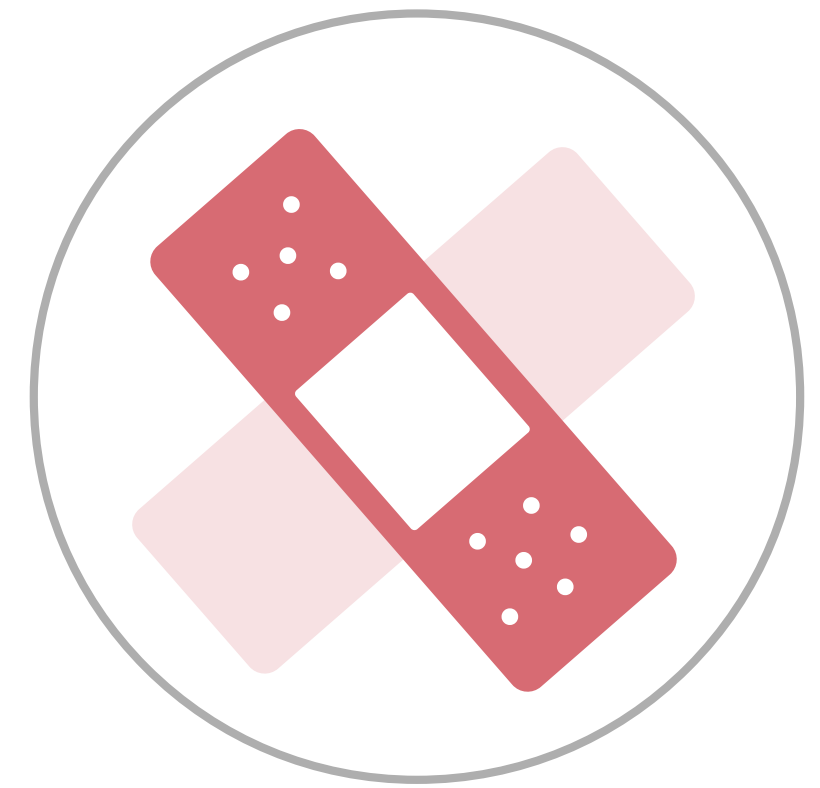
Zinc oxide cream or any cream with analgesic, a numbing agent



Calamine lotion



Telfa gauze



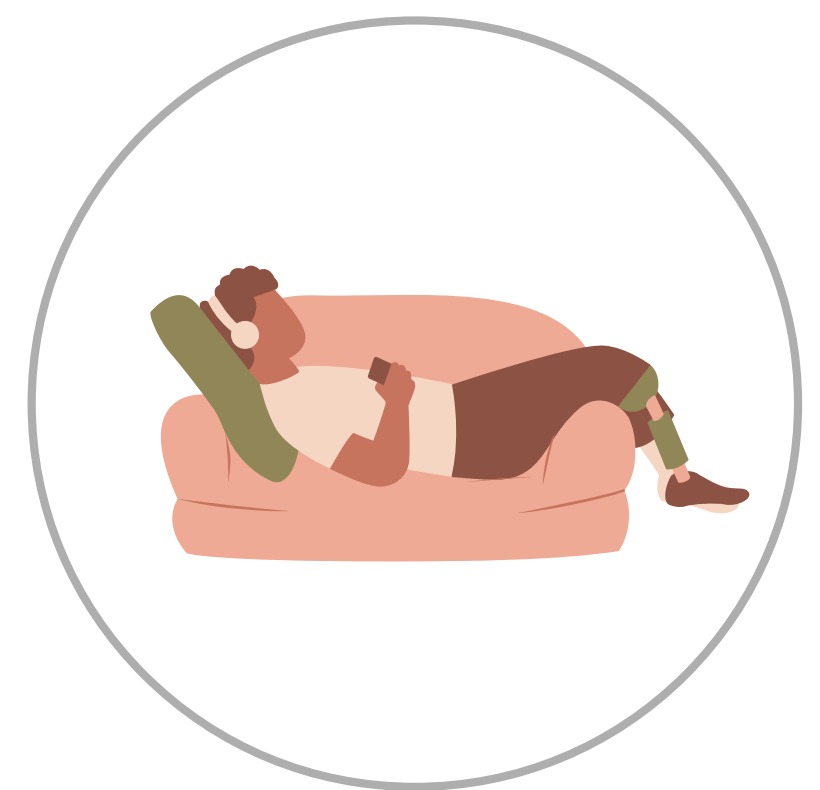
Waterproof first aid tape



Hand sanitizers



Stool softener for people with anal pox sores (OTC pain meds can also cause constipation)



Practice self-care and get rest

These are general recommendations. Always talk to your provider for recommendations based on your case and symptoms.