
I HAVE MPOX NOW WHAT ?

Mpox symptoms can become severe, including intense pain and lesions that can permanently scar, but treatment is available.

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**BOSTON
PUBLIC
HEALTH
COMMISSION**





TALK TO YOUR HEALTH CARE PROVIDER ABOUT TPOXX, AN ANTIVIRAL MEDICATION THAT CAN BE USED TO TREAT MPOX.

- TPOXX should be prescribed for people who have severe disease or who are at high risk of severe disease (e.g. individuals who are immunocompromised)
- Consider TPOXX if you are experiencing severe pain or have lesions near your eyes, mouth, rectum, or urethra.
- TPOXX may help ease symptoms, control pain, and shorten the length of illness.
- TPOXX is available for free with a prescription.

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TIPS TO REDUCE SYMPTOMS

For pain and itching:

- Take over-the-counter medicines such as ibuprofen, naproxen, and acetaminophen (pain, swelling, fever).
- Try antihistamines, calamine lotion, petroleum jelly, cooling lotions, and warm oatmeal baths (itching, pain).

For sores on your genitals or rectum:

- Take warm sitz baths lasting at least 10 minutes several times a day.
- Try dibucaine ointment or lidocaine gel may provide temporary relief (external use only).
- Take docusate (such as Colace), a stool softener, to reduce pain when you go to the bathroom.

For mouth sores:

- Rinse your mouth with clean salt water or a mouthwash with no alcohol at least four times a day.
- Consider using patches (such as DenKep Canker Cover) that cover the sores and benzocaine gels to reduce mouth pain, especially to help you eat and drink.