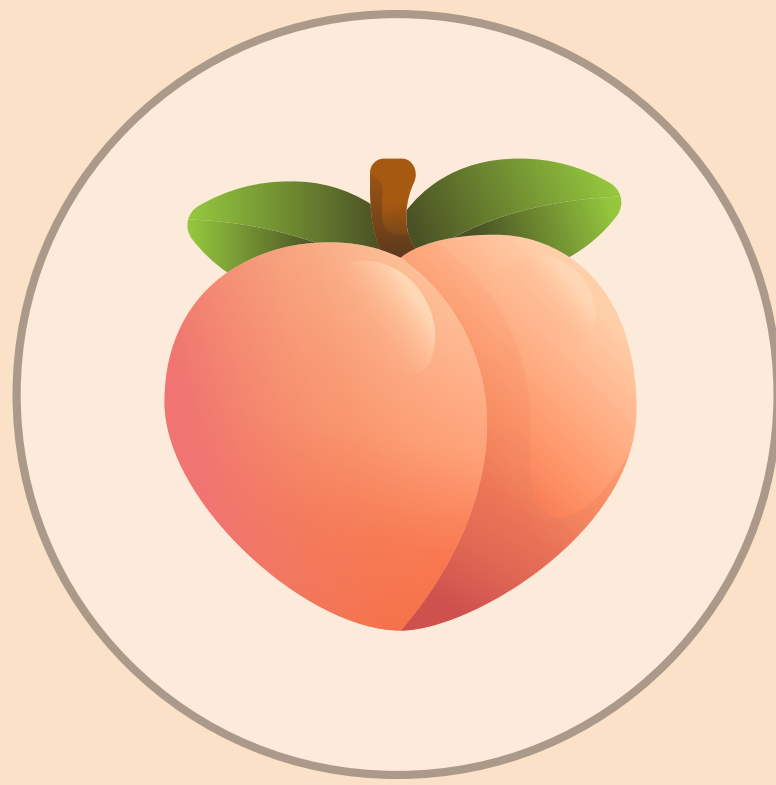


# Dealing with rectal Mpox symptoms



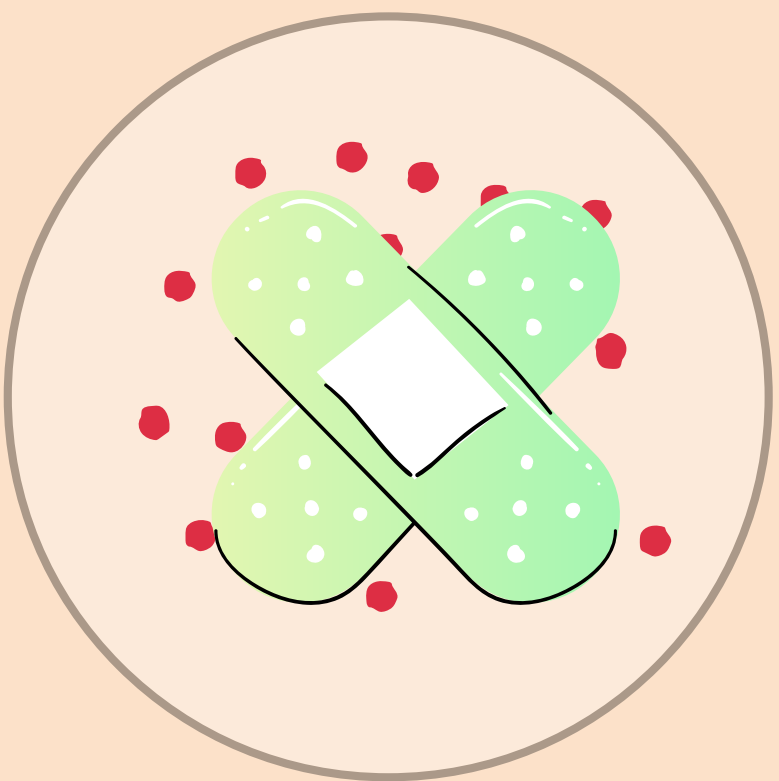
Stay away from food that can cause constipation. Choose fiber over dairy.



If possible, take stool softener.



Be sure to clean all exposed clothing, towels, or bed linens.



When covering a rash or lesion, be aware it might spread. A dab of Calamine lotion with a cotton pad can be used for relief under the bandage if the wound is not open.



When reapplying Band-Aids or medical tape, remember to wash your hands and then clean the affected area with soap and water.



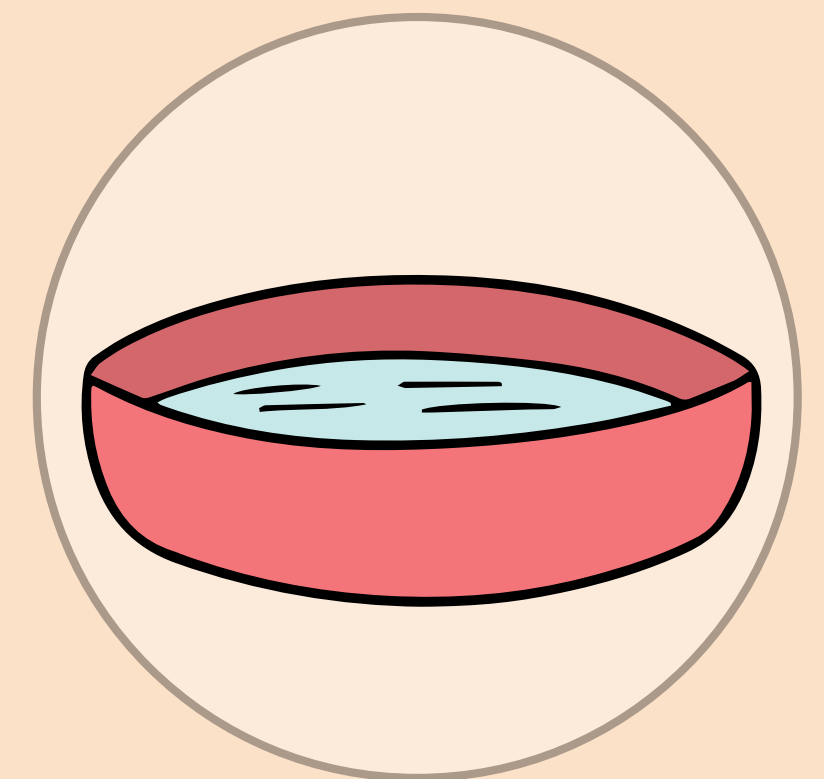
Rinse your anus (butthole) with warm water after a bowel movement if using toilet paper is too painful.



A warm bath can be soothing. Products to ease discomfort and itching include Epsom salt, colloidal oatmeal, and baking soda.



Always wash your hands. Remember to sanitize frequently touched surfaces.



A sitz bath is a great alternative to a bathtub and can be purchased online or at your local pharmacy. Soak your bum in warm water and get much needed relief.

**Ask your provider if TPOXX (Tecovirimat) is right for you, as it can lessen severity and duration of symptoms.**