



Public Health

County of Santa Cruz

HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1080 EMELINE AVE., SANTA CRUZ, CA 95061
TELEPHONE: (831) 454-4000 FAX: (831) 454-4770 TDD: Call 711

MPX Pain Management

MPX can cause mild to severe pain—it is important to talk with your doctor about your symptoms, including pain. **Contact your doctor if pain becomes severe and unmanageable at home.** Ask your doctor or pharmacist for help choosing over-the-counter medicines. Read and closely follow any instructions on the medicine box and package insert, including about dose, how often you should take, who should not take or use the medicine, and allergies. Below are some things you can do to manage your pain.

General Pain Management

Over-the-counter medicines like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) can help you feel better. Your doctor may prescribe stronger pain relievers as well.

Rash Relief

The most important thing is to try to not touch or scratch the rash. This can spread the rash to other parts of the body, increase the chance of spreading the virus to others, and possibly cause open sores to become infected by bacteria. If you do accidentally touch the rash, wash your hands with soap and water and avoid touching sensitive areas like your eyes, nose, mouth, genitals and anus (butthole).

Topical benzocaine/lidocaine gels can be used for temporary relief. Oral antihistamines such as Benadryl and topical creams such as calamine lotion or petroleum jelly may help with itching.

For rash in the mouth, rinse with salt water at least four times a day. Oral antiseptics like chlorhexidine mouthwash can be used to help keep the mouth clean.



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Soaking in a warm bath (using oatmeal or other over-the-counter bath products for itchy skin) may offer some relief to the dry, itchy sensations that can come with the rash.

People who have the rash in or around their anus or genitals (penis, testicles, labia, vagina), may also benefit from a sitz-bath. A sitz bath is a round, shallow basin that can be purchased online or at a pharmacy. Most fit over the rim of a toilet but can also be placed in a bathtub. There is also the option to sit in a bathtub with shallow water. Adding Epsom salt, vinegar, or baking soda to the water can be soothing.

Consider using a stool softener if you have rash in or around your anus.

If pain is not managed by the above methods, please contact your doctor.