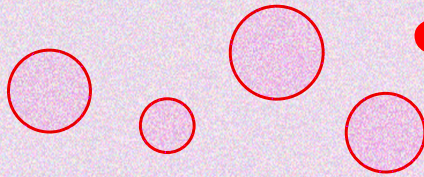


# Skin Picking Disorder & Monkeypox



Linds (America Has a Problem) Ste...  
@fairylandhoney

@PickingMeFdn do you all have any recommendations on how people who pick can cope during all this monkeypox thing? Cause honestly I'm terrified.

## Monkeypox Facts (from the CDC)

- People with monkeypox get a rash that may be located on or near the genitals or anus & could also be on hands, feet, chest, face, or mouth.
  - *The rash will go through several stages, including scabs, before healing.*
  - *The rash can initially look like pimples or blisters & may be painful or itchy.*
- Other symptoms can be fever, chills, swollen lymph nodes, exhaustion, muscle aches & backache, headache, respiratory symptoms (e.g. sore throat, nasal congestion, or cough). You may experience all or only a few of these symptoms. If you have an unexplained rash, avoid close contact with others & consult a healthcare provider.

## Dealing with Stigma



*"Assuming people have certain illnesses based on their appearance increases stigma."*

- #PickingMe CEO Lauren Mckeaney

- Prepare for ignorant questions about your skin's appearance by considering what you're comfortable saying. Only share as much as you want to. If you'd like, you can use this as an opportunity to spread awareness on Dermatillomania.
- Direct people to pickingme.org and @pickingmefdn to learn more about Skin Picking Disorder. You can even share our founders email lauren@pickingme.org for any questions they might have.
- Awareness decreases stigma! Grab our bracelet pack at pickingme.org/shop to wear and point to if someone makes a comment on your skin.

## Preventing Monkeypox Contact

- To prevent potentially coming into contact with monkeypox, while also deterring the urge to scan your skin to pick, wear covering clothes such as long sleeves, turtle necks, scarves, leggings, compression socks & gloves.
- Avoid skin-to-skin contact at public events/spaces.
- Wash hands frequently & carry hand sanitizer. Regularly apply lotion to prevent roughness & picking triggers.
- Do not touch other's after a Skin Picking episode.
- Communicate with your sexual partners on possible symptoms & signs of an infection.

## Caring for Wounds During the Rise in Monkeypox

- Cover sores with bandaids, Tegaderm, dressings or hydrocolloid patches. Make sure to change covers according to package directions.
- Keep wounds moist with spray-on Aquaphor & clean with Witch Hazel Wipes or Hibiclens on a gauze pad to encourage healing.
- Be aware of signs of infection such as a red ring around the sore, green or yellow pus, fever/chills & Increased pain on the area. Consult a health-care provider immediately if you suspect an infection.

