Making Peace With Your Skin

Molluscum Contagiosum
20 Top Tips To Stop The Spread

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www.roscara.com
www.molluscumcontagiosumtreatment.org
Thank you for downloading this guide **Molluscum Contagiosum : 20 Top Tips To Stop The Spread.**

Many families and individuals have experienced, or will experience, living with molluscum contagiosum so the first thing to know is that you are not alone.

Over 2 million adults, teenagers and children are diagnosed with molluscum contagiosum every year.

Molluscum Contagiosum is highly contagious and can spread easily from one person to another or spread over the body of an adult or child who has contracted this viral infection.

I hope you get some ideas from this guide on how to stop the spread.

My intention in creating this report, the websites and associated communities is to provide valuable information to you that is easily accessible without you having to trawl through the internet for hours looking for information when you feel desperate.

And a community to come to:

- if you are at your wits end and struggling.
- where you can speak to others who share the same problem as you do.
- to share your stories and experiences and vent your frustrations to help you feel better.
- A community that will do all it can to make sure you get help and support from others who are also struggling to cope with a problem skin condition such as molluscum contagiosum in their lives.
- to benefit from insights about what works for other people and what might help you.
- to find lots of information and support and a goldmine of practical advice, tips and ideas as to how others have managed the condition and how you can too.
- that will also give you an opportunity to give help and support to others.

If you still have questions, get in touch at Rosaline@Roscar.com.
I am here to help.

I am a one woman band but I will get back to you as soon as I possibly can, usually within 48 hours, and probably sooner.

Rosaline Callaghan

PS: Go to www.molluscumcontagiosumtreatment.org to get lots of other helpful information.
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TIP # 1…..Use The 3 Ps : Patience, Perseverance, Persistence

There is no magic bullet, medication, lotion or potion that is guaranteed to work on every person, in every circumstance

Patience, perseverance and persistence will go a long way in helping you not to tear your hair out in frustration and despair in living with, and treating molluscum contagiosum.

This skin infection is a persistent blighter.

Find out all you can about it...know the enemy.

Once you choose a treatment option, give it time to work.

If your first choice of treatment shows no real improvement after three weeks or so, then try another.
Tip # 2.....Practice Effective Hand Washing

I don’t mean to insult anyone here by suggesting that you may not wash your hands properly, but chances are you don’t!

I only learned at the age of 50, some three years ago, that the method I had used to wash my hands all of my life was not really that effective.

I learned this when training to work as a volunteer in a local children’s hospice, and proper and effective hand washing was one of the first things I had to learn to cut down on any risk of passing anything on to already very vulnerable sick kids.

It only takes a few minutes to learn and may really help in stopping the spread of the virus on your own body, your child’s body or throughout your household by washing away germs picked up from other people or from contaminated surfaces.

Follow these steps to make sure you wash your hands properly:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.
Tip # 3.....Teach Your Children Effective Handwashing

Once you have taken the time to learn the simple technique in Tip#2, pass on this skill to your children. It will stand them in good stead for the rest of their lives anyway.
Tip # 4…..Do Not Squeeze

I need to be very clear on one pretty common tip, and a recommendation sometimes given by health care providers.

I do not and will not support ever...ever...EVER...the tip to perform self-help by squeezing the bumps until the contents of the bump are exposed and removed.

I have had psoriasis for 38 years. Psoriasis lesions are not the result of a virus and yet, I have had 2 bad bacterial infections of the lesions throughout my time with this particular skin disease.

I was very ill, sore, uncomfortable, sick and feverish and it took a while of taking antibiotics and applying antibiotic ointments on my skin to get back to normal.

Please do not underestimate the potential for infecting the bumps. The danger of a secondary infection triggered by bacteria is always present.

However, if it is your informed choice to squeeze the bumps or otherwise remove the centre of the bumps then:

- Perform this routine on only one bump at a time.
- Use disposable gloves.
- Remember, the cheesy, waxy substance in the bumps is literally teeming with the virus, so dispose of the removed substance immediately.
- Wash the exposed area, pat dry with a paper towel and then dispose of immediately.
- Cover the squeezed lesion with a watertight bandage until it dries up completely.
- Sterilize any items you may have used to remove the goo, such as tweezers.
- Dispose of gloves.
- Wash your hands.
Tip # 5.....If Bumps Get Opened

If any of the bumps get opened up accidentally, then clean the area immediately making sure all the white goo is removed. You may want to put a band aid or other suitable dressing over the opened bumps after cleaning just to be sure that none of the virus is left.

Tip # 6.....Change Contaminated Clothing

Change any clothing which may have touched the molluscum contagiosum substance and become contaminated.

Tip # 7.....Do Not Touch

Avoid touching the bumps where at all possible to reduce the chance of any further spread.

Do not touch, pick or scratch any part of your skin with bumps or blisters or anyone else’s skin.

Tip # 8.....Avoid Shaving and Electrolysis

Do not use a razor to shave any areas where molluscum contagiosum is present as shaving may open the lesions causing them to spread. You could just let the hair grow for a while or use a trimmer instead.

Similarly, it is wise not to have any electrolysis treatments when molluscum contagiosum is present for the same reason.
Tip # 9.....Bathing

Don’t let children bathe together or share bath toys.

Don’t share a bath with anyone else.

Use a shower whenever possible.

If it’s not too unpleasant you could let yourself or the children drip dry but, if this is a step too far, simply blot skin dry after showering. Do not rub as the important thing is to not open up the bumps.

Tip # 10.....Towels and Flannels

Don’t share towels or flannels.

Keep a separate set for the infected person and wash after each use.

Wash laundry on the highest possible setting according to the manufacturer’s label.

You may want to purchase white, cotton towels which can usually be laundered at a higher temperature and will be more sturdy than decorative towels.

Tip # 11.....Disposable Paper Towels

Disposable paper towels could be used to help cut down on laundry.

They will also come in handy when cleaning an area after a bump has been opened rather than adding another item to the laundry basket.

Dispose of each paper towel after use and wash hands thoroughly.
Tip # 12…..Disposable Gloves

You may want to use disposable gloves or fingertip protection when applying your treatment of choice, with disposal of the gloves after each use and careful hand-washing afterwards.

Clean and rinse reusable household rubber gloves, then treat them as a contaminated surface by applying the **Strong Bleach Solution** to them (See Tip #15 for details). Remove, dry and store these gloves away from food or food surfaces.

Discard disposable gloves and wash hands thoroughly.

Tip # 13…..Stay Calm

Please do not panic if, or when, the sores become red, irritated or swollen as they often do before drying up and clearing from the skin.

You may see this quite a bit as each, individual bump lasts for around 2-3 months while new bumps appear until the infection has resolved. If you have the infection for a long period of time, you will see many bumps die off, so be prepared for the bumps looking worse before they get better.

The molluscum contagiosum pustules are unsightly enough, but may form red or black scabs while drying out.
Tip # 14.....Strengthen The Immune System

Look into healthy ways to promote the sufferer’s immune system.

For some information on the immune system, please click here: http://www.molluscumcontagiosumtreatment.org/about-immune-system/

Please click here for some tips on promoting an healthy immune system in children: http://www.molluscumcontagiosumtreatment.org/promoting-healthy-immune-system-in-children/

Or, please click here for some tips on promoting a healthy immune system in adults: http://www.molluscumcontagiosumtreatment.org/promoting-healthy-immune-system-in-adults/
Tip # 15…..Sanitizing Your Home

I am not suggesting for one moment that your home is unsanitary, but I have compiled some tips for a more deep cleaning regime than you may normally use, as you are taking additional steps to minimise the impact and spread of the molluscum contagiosum virus within your home.

Carefully washing surfaces, materials, and equipment with detergent and water or other cleansers is sufficient for cleaning them and for removing many germs that could present a health risk.

However, some surfaces and items should be sanitized with a disinfectant after they are washed or cleaned because they are especially likely to become contaminated and serve as vehicles for transmitting a molluscum contagiosum infection.

In these cases, only use of a disinfecting agent will ensure that germs are virtually eliminated or reduced to a level where the transmission of illness is unlikely.

Cleaning agents (soap, detergent) are not disinfectants, and disinfectants are not cleaning agents. Disinfectants will not work effectively if the surface has not been cleaned first. Before being sanitized with a disinfectant, an object or surface should be washed with a cleaning agent and rinsed with clean water.
Selecting and Using an Appropriate Sanitiser

The Center for Disease Control and Prevention and the American Academy of Paediatrics state that household chlorine bleach and water is their recommended disinfectant for sanitising purposes.

Chlorine is effective against viruses and bacteria by breaking down their molecules, and rendering them harmless.

Some products may be advertised as disinfectants, but they are often less effective than standard, household, chlorine bleach.

Use rubber gloves, either household or disposable, while handling any chlorine bleach based solutions.

If for any reason, you cannot use a chlorine bleach, then use a product like Lysol or Pinesol, but make the solution 2-4 times stronger than the recommended concentration when using to sanitise your home.

A bleach-and-water solution is inexpensive, easy to mix, nontoxic and safe if handled properly, and kills most infectious agents.

There are a number of commercial disinfectants that are available in stores.

Products that meet the Environmental Protection Agency’s (EPA’s) standards for “hospital grade” germicides (solutions that kill germs) are effective for sanitizing purposes.

However, many commercial products advertise themselves as “disinfectants,” having “germicidal action,” or “kills germs.” Although they may have some effect on germs, these products are often less effective than bleach.
Cautions

- When using a bleach-and-water solution, make sure the bleach concentration is intended for household use, not for industrial application. Household bleach is typically sold in one of two concentrations: 5.25% hypochlorite (“regular” strength), or 6.00% hypochlorite (“ultra” strength). Both are suitable for use in the home.
- Never mix bleach or a bleach-and-water solution with other fluids (particularly ammonia or acidic fluids like vinegar) because this will rapidly create highly toxic fumes.
- Whenever children are present, bleach solution (or any other disinfectant) should be applied by dipping, soaking, or wiping the item or surface with a cloth (but not a sponge, since sponges harbour bacteria and are hard to clean).

Spraying is acceptable only when children or pets are not present.

Whenever a disinfectant of any kind is used, there should always be adequate ventilation. This is especially important in confined or enclosed areas such as bathrooms.

If using a commercial disinfectant, always read the label carefully and follow the manufacturer’s instructions for use.

Bleach-and-water solutions lose their strength and are weakened by heat and sunlight. For maximum effectiveness, mix a fresh solution every day. Discard any leftover solution at the end of the day.

Keep all containers and bottles of diluted and undiluted sanitizer out of the reach of children.

Label containers in which sanitizers have been diluted for direct application with the name of the solution (such as “Bleach Sanitizer”) and the dilution of the solution.
How strong a disinfectant solution should be and how long it should remain in contact with a particular surface will depend on how the solution is applied and on how contaminated the surface might be. A stronger concentration is required when a cloth or objects are dipped into the solution because each dipping releases some germs into the solution, potentially contaminating the solution. In general, it is best not to rinse off the solution or wipe the object dry right away.

A disinfectant must be in contact with germs long enough kill them, and 2 minutes is sufficient.

Because chlorine evaporates into the air leaving no residue, surfaces sanitized with bleach-and-water may be left to air dry.

**What Strength Solutions Should I Use?**
The following two bleach-and-water solution strengths are recommended by the Center for Disease Control.

**Strong Bleach Solution:**
Recipe: \( \frac{1}{4} \) cup of bleach to 1 gallon of cool water OR 1 tablespoon of bleach to 1 quart of cool water (add the bleach to the water and not the water to the bleach).

**Weak Bleach Solution:**
Recipe: 1 tablespoon bleach to 1 gallon of cool water (add the bleach to the water and not the water to the bleach).

**Utensils and Dishes**
Clean and rinse utensils and dishes, then submerge in Weak Bleach Solution. Rinse with clean water and allow to air dry.

**Toilets, Bathroom Sinks and Taps**
Disinfect with Strong Bleach Solution at least once daily or more frequently as needed.
**Potties**
After each use, empty, clean if soiled, disinfect with Strong Bleach Solution, then rinse. Dispose of the rinse-water by pouring it into the toilet, not into the sink.

**Stuffed Animals and Soft Toys**
Launder at least once each week according to the manufacturer’s instructions.

**Laundry**
In the home, normal washing and drying cycles including “hot” or “cold” cycles are adequate to ensure safety according to the Center for Disease Control.

The instructions of the manufacturers of the machine, the items to be laundered, and the detergent or wash additive should be followed closely.

The laundry needs to be washed with water and detergent before being placed in the dryer as not all dryers reach the required temperature of 45 degrees Celcius, or 115 degrees Fahrenheit, to inactivate the virus without prior washing.

So a quick rinse of clothing before putting in the dryer will not be enough on its own.

If you are fortunate enough to live in one of the warmer parts of the world, then hanging the laundry out to dry in the sun will also be effective.

**Rugs and Upholstered Furniture**
Shampoo rugs and upholstered furniture with a commercial disinfectant as obviously, any chlorine bleach solution will cause fading or stains.

Or, if you prefer, use a commercial grade steam cleaner or shampoo.

It is recommended this takes place once per week.
**Worktops and Surfaces**

Cleaning agents such as soap detergents do not disinfect.
And, disinfectants do not clean.
So start by washing the required area with a cleaning agent.
Rinse with clear water, and then apply the disinfectant.

It is advisable to use a cloth rather than a sponge, as sponges are harder to clean
and, therefore, may harbour bacteria and viruses.

Do not dry off the disinfectant solution straight away as it needs some time to
effectively kill off germs, so leave for around 2 minutes before drying off.

Immediately discard any unused solution and make a fresh application before each
use.

The effectiveness of any household bleach is greatly reduced over time, and the
recommended shelf life of an opened bottle of bleach is 30 days, so replace with
fresh container after this length of time, after carefully disposing of any unused
contents in the old container.
Tip # 16…..Don’t Share Clothes

Don’t use, or let your children use, sports gear or any other clothing that has come into contact with someone else’s bare skin.

Tip # 17…..Don’t Cross Contaminate

It would be a good idea to use disposable applicators when using make up or other potions so that you are not dipping fingers in and out of preparations which may have become contaminated.

Tip # 18…..Keep Fingernails Short

Keep fingernails short to cut down on the chances of harbouring the virus under the nails.

Tip # 19…..Cover The Bumps

Keep the molluscum contagiosum bumps covered with clothing where possible.

Be more careful of bumps in areas of the body which rub together as the friction may open up the bumps and allow the contaminated fluid inside the bumps to spread.

It will help to wear long sleeve and long legged pyjamas at night to cut down on the parts of the body that may touch each other when tossing and turning in bed.

If any bumps have opened, cover with watertight dressing.

Cover the bumps with watertight dressing if going swimming.
Tip # 20.....Bumps in the Bedroom

In adults, the virus is passed on through intimate, not necessarily sexual intercourse.

In such cases, the bumps usually first appear in the genitals area, abdomen and inner thighs.

Condoms may protect the penis, but they do not offer sufficient protection from the infection as the molluscum contagiosum sores will probably be in other areas of the body not covered by the condom such as buttocks, thighs, external genitalia and anal area.

Be aware that the molluscum contagiosum virus can pass through saliva, so exercise care and caution if engaging in oral sex.

Remember, that the virus may also be passed on through inanimate objects that have been contaminated by the virus, including sex toys.

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