

JULY 2022

# FIRE & RESCUE HEALTHY NEWS

Brought to you by the South Heartland District Health Department

## Resources:

If you are having difficulties after a call, talk to someone on your team that you trust about your concerns and struggles.

NATIONAL SUICIDE  
PREVENTION LIFELINE  
1-800-273-8255

**\*On July 16, the current Nat. Suicide Prevention Lifeline number will change to a new three-digit dialing code: 988. When people call, text or chat 988, they will be connected to trained counselors.**

The current Lifeline phone number will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

## What to know about Monkeypox

Monkeypox is a rare disease and can make a person sick, including a rash or sores (pox), often with an earlier flu-like illness.

### HOW IT SPREADS:

- Through close, personal, often skin-to-skin contact with monkeypox rash, sores or scabs.
- Contact with objects, fabrics, and surfaces that have been used by someone with monkeypox.
- Through respiratory droplets or oral fluids from a person with the disease.
- During intimate sexual contact including oral, anal, and vaginal sex or touching fabric objects during sex such as bedding, towels, and sex toys.
- By hugging, kissing, massage or talking in close contact.

### THE SYMPTOMS:

- Fever, headache, muscle aches, backache, swollen lymph nodes, chills, and exhaustion.
- A rash or sores often show up on the hands, feet, chest or face, but can sometimes be located on or near the genitals or anus, and may occur inside the body, including the mouth, vagina or anus.
- Anyone with symptoms of Monkeypox, such as unexplained rashes, should contact their healthcare provider.



### CONTAGIOUS PERIOD AND ISOLATION:

- Contagious period starts from the time of any symptom onset until the lesions have crusted over and new skin has formed under the lesions.
- The incubation period typically lasts from three to 21 days, most commonly seven to 14 days.

SHDHD is following this disease situation. Contact South Heartland if your department would like training on monkeypox.

To learn more about monkeypox or for the most up-to-date information, visit:

[www.cdc.gov/monkeypox](http://www.cdc.gov/monkeypox)

[www.southheartlandhealth.org](http://www.southheartlandhealth.org)



402-462-6211

606 N Minnesota Ave., Suite 2, Hastings  
[southheartlandhealth.org](http://southheartlandhealth.org)

*Thank you for your constant service to your communities!*