

TIPS FOR OFF-DUTY EMS PROVIDERS

provided by The Kentucky Board of Emergency Medical Services

For Physical & Mental Well Being of All Kentucky EMS Providers

Have a plan in place in the unfortunate event that you may be exposed to COVID-19, requiring you to self-quarantine or self-isolate away from your family.

Physical Well Being

Wash your Hands



Keep Active



Maintain a Healthy Diet



Look after your mental health:

As EMS professionals, who are working the frontlines fighting the Coronavirus pandemic, please remain mindful of your mental well being each and every day. The rising effect of patient needs, long workdays, fatigue, family obligations, and self-quarantine all contribute to an individual's mental wellness.



Limit media exposure.

Do an activity you enjoy.

Spend time with the family that lives in your home.

Talk about your feelings.

Ask for help:

If things are getting too much for you and you feel as if you cannot cope, ask for help.

Resources for first responders coping with traumatic events:
<https://emergency.cdc.gov/coping/index.asp>



For more information visit:

Kyems.com or **Kycovid19.ky.gov**