

# Care for the Carers.

Responding to COVID-19 can take an emotional toll on you.

There are things you can do to reduce Secondary Traumatic Stress (STS) reactions.

# 100

## BE REAL

Acknowledge that STS can impact anyone helping families after a traumatic event.



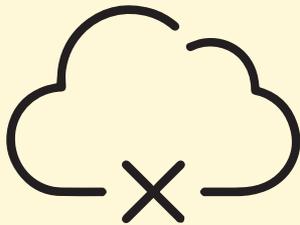
## KNOW YOURSELF

Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).



## GIVE YOURSELF RECOVERY TIME

Schedule time out.



## DISCONNECT

Take a break from media coverage of COVID-19.



## DO SOMETHING

Create a menu of personal self-care activities that you enjoy, and do one each day.



**ASK FOR HELP** if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients.