

When to Activate?

Certain events necessitate mandatory CISM activation.

These include:

- Line of Duty Death
- Serious line of duty injury
- Suicide of co-worker
- Death of a child
- Terrorist/WMD Incident
- Multi-death Incident
- Multi-casualty Disaster



CISM can be activated

**for any type of call,
at any time, by anyone!**

Contact us:

Allen County

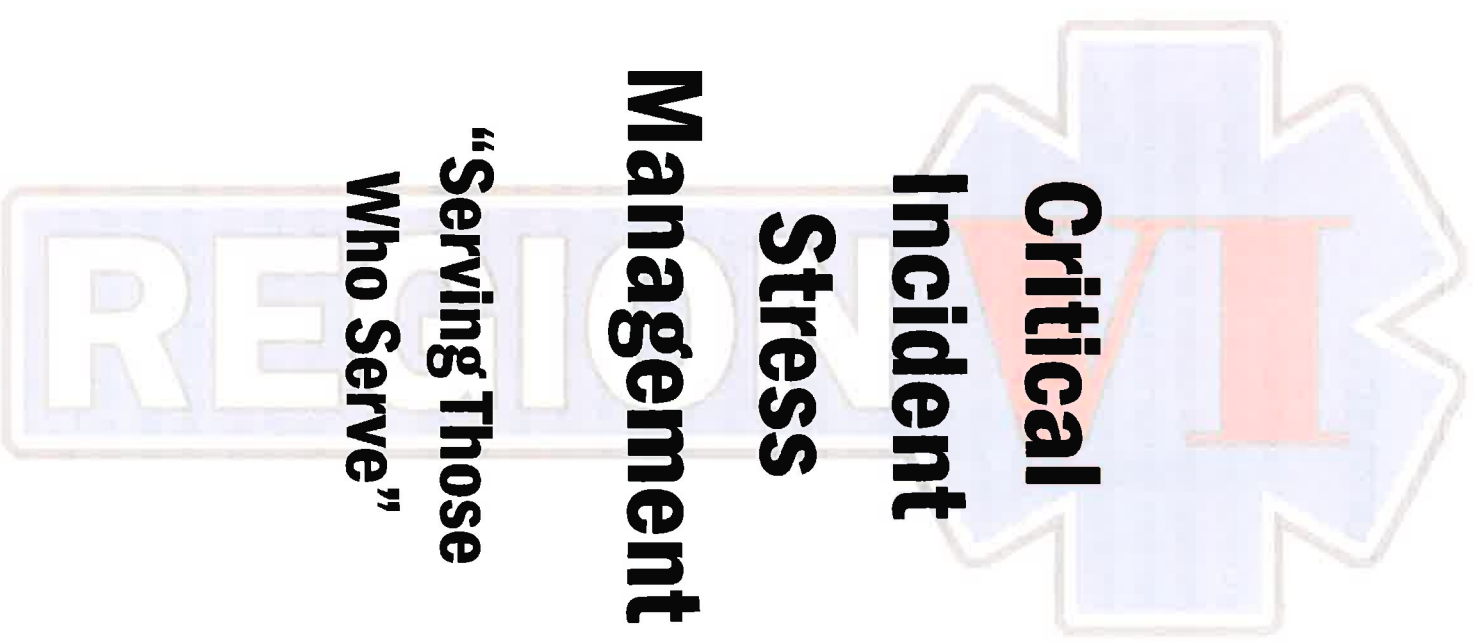
Dispatch

(620) 365-1437

Management

**Incident
Stress**

**“Serving Those
Who Serve”**



Critical Incident Stress Information

You have experienced a traumatic event or a Critical Incident. This is ANY event or incident which causes an emergency services worker to have an unusually strong emotional response as a result. These reactions have the potential to interfere with an individual's ability to function at the scene or later. Although the incident may be over, you may be having or may have some strong emotional or physical symptoms.

This is a NORMAL reaction

Sometimes the after-shock or stress reactions appear immediately after the event, but can appear hours or days later.

Occasionally, weeks or months may pass before the stress reactions appear.

These signs and symptoms of stress may last a variable length of time, which is proportionate to the severity of the incident.

With a strong support network of co-workers, family and friends, these reactions will usually pass quickly; however, there are events that are so severe or painful that professional assistance is required. This does not imply "weakness" or "craziness," it just means the incident was very overwhelming.

WHAT TO DO

WITHIN THE FIRST 24-48 HOURS:

Periods of strenuous exercise alternated with relaxation will alleviate some of the physical reactions.

Structure your time - KEEP BUSY

Talk with co-workers and family members; don't close yourself up.

Reach out to others

Keep your life as normal as you can.

Give yourself permission to feel bad... **It's okay; IT'S A NORMAL REACTION.**

DO NOT ISOLATE YOURSELF

Eat a good, nourishing meal, supplementing with vitamins C, B6, B12, Calcium, and Magnesium. These vitamins help your body to "normalize."

PHYSICAL REACTIONS:

Fatigue, nightmares, hyperactivity, insomnia, startle reactions, a change in appetite, headaches, under-activity, nausea, vomiting, grinding teeth, weakness, tremors, increased blood pressure, chest pains need evaluation NOW!

COGNITIVE REACTIONS:

Difficulty in concentration, flashbacks, difficulty in making decisions, isolation, difficulty in problem solving, recurrent thoughts about the incident, blaming self or others, loss of orientation.

EMOTIONAL REACTIONS:

Fear, guilt, emotional numbing, anger, anxiety, depression, helplessness, violent fantasies, irritability.

BEHAVIORAL REACTIONS:

Sudden or radical changes in: behavior, speech or activities, loss of emotional control, inappropriate emotional responses, obsessive compulsions or actions.