

# COVID-19 RESPONDER SELF-TRIAGE

Use this checklist daily to monitor your exposure to traumatic stress. Understanding your trauma risk will help you realize when you need to activate stress management activities to increase your resilience.

Each Day at the end of your work shift check if you experienced any of the following:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Witnessed a higher than average number of deaths?							
Forced to abandon patient(s)?							
Unable to meet patient(s) needs?							
Responsible for triage or healthcare response recommendations?							
Direct contact with grieving or angry family, or community members?							
Required to perform duties outside of regular work duties?							
Worked longer than normal hours?							
Witnessed illness or death of co-workers?							
Was unable to return home?							
Worried about the health and safety of family members, significant others, or pets?							
Unable to communicate with family members and/or significant others?							
Worried about your own health and safety?							
Was directly impacted by COVID-19?							

## Managing your Stress

1. Recognize and heed early warning signs of stress.
2. Reduce physical tension by deep breathing, meditating, walking.
3. Take brief breaks for basic bodily care and refreshment.
4. Maintain a healthy diet and get adequate sleep and exercise.
5. Avoid or limit caffeine and use of alcohol.
6. Realize that it is okay to draw boundaries and say “no.”
7. Talk with your co-workers about experiences; get and give support to one another.
8. Ask for help if you need it.

## For Additional Resources

Go to the Minnesota Department of Health Center for Emergency Preparedness and Response  
 625 Robert St. N  
 PO Box 64975  
 St. Paul, MN 55164-0975  
 651-201-5700  
 Nancy.J.Carlson@state.mn.us  
<https://www.health.state.mn.us/communities/ep/behavioral/index.html>

