**Taking Care Of You While Deployed**

Care for yourself so you can care for others!

While deployed to assist with disaster services, please keep your health and well being in mind. Your health and safety are just as important as those you are trying to help. You can only be of assistance to others if you are strong and healthy.

**Ways to take care of yourself:**

* Make sure you stay hydrated. It is recommended that you drink ½ oz. of water per pound of body weight each day. This means a 150-lb. person should drink approximately 75 oz. of water each day. Make sure the water you drink is safe.
* Make sure you eat and rest regularly to keep your energy level up.
* Continue taking your regular medications at the normal times each day.
* Pair up with a responder so that you may monitor each other’s stress and communicate your needs to your teammates and/or Team Leader.
* Schedule a break or rest period before you become seriously fatigued.
* If possible, communicate with family members or friends for support.
* Share your feelings and frustrations with others before they cause physical or emotional symptoms and inhibit your ability to perform your job**.**
* Recognize signs of stress: inability to focus, sleep disturbances, physical symptoms (headache, stomachache), physical exhaustion, and discuss these with your Team Leader.
* Use stress management techniques (e.g. visualization, deep breathing, taking a break, stretching, or talking with a co-worker) to diffuse stress before it becomes debilitating.
* Use counseling assistance programs available through your agency such as the Employee Assistance Program (833-746-8337) or Crisis Response Teams if your county has one.

**Signs That You May Need Stress Management Assistance**

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| * Difficulty communicating thoughts * Difficulty remembering instructions * Difficulty maintaining balance * Wanting to isolate oneself * Uncharacteristically argumentative * Difficulty making decisions * Limited attention span * Unnecessary risk-taking * Tremors/headaches/nausea * Tunnel vision/muffled hearing * Colds or flu-like symptoms | * Disorientation or confusion * Difficulty concentrating * Loss of objectivity * Easily frustrated * Unable to engage in problem-solving * Unable to let down when off duty * Refusal to follow orders * Refusal to leave the scene * Increased use of drugs/alcohol * Unusual clumsiness |