



Ohio Firefighter Peer Supporters:

I hope that this email finds you well. As we all adjust to the current coronavirus pandemic, I wanted to go over a few items as we provide peer support to our brothers and sisters.

This is certainly a very stressful and uncertain time for all of us. Please remember that if you are providing peer support that we need to be cognizant of social distancing. If you can provide support by phone call, text, or email, please do so. We should try to limit our group responses, such as after action reviews, defusings, and debriefings. Follow recommendations from the CDC if meetings are unavoidable.

Let us also remember to take care of ourselves during this time. Isolation can certainly have negative effects. The stress of increased call volume, manpower and resource shortages, potential exposures, anxieties about child care, family illness, and boredom, can certainly take its toll on all of us.

I am including a few documents published by the National Center for PTSD and SAMHSA on healthcare/first responder stress during the coronavirus pandemic. Please take a look at them and share them with your departments and peers.

If you'd like to talk, vent, or have any questions, please feel free to reach out. Know that we are all in this together and we will get through this.

In Solidarity,

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