

COVID-19 and Healthcare Responders



COVID-19 is an unprecedented disaster around the world, in the United States, and in Nassau County - a “hot spot” in the nation. No one knows this more than the personnel leading the healthcare response day and night, day after day, in brutal conditions. The public health employees facilitating testing and contact tracing, to the 911 dispatchers, the first on scene ambulance personnel, nurses, doctors, respiratory therapists, and the personnel at the Medical Examiner’s Office - are all on overdrive. And let’s not forget the behind the scene employees and support staff that are just as important, working just as hard and also being impacted.

The research on the effect of SARS, MERS, H1N1 and COVID-19 confirm that pandemics have significant, adverse consequences for healthcare workers. But we know that the earlier in a disaster healthcare workers seek support the better their mental health outcomes will be post-disaster. Connect for help now. This is a disaster. For more information, help with a referral to a private therapist who provides telehealth, or to arrange for telephone counseling from and Employee Assistance Program counselor call 571-7000. Services are free and confidential.

Nassau County Employee Assistance Program

Call and connect now.

571-7000



Mental Health Support for Healthcare Workers: COVID-19

Mental Health and psychosocial considerations during the COVID-19 outbreak

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10

Managing Healthcare Workers’ Stress Associated with the COVID-19 Virus Outbreak

https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp

American Nurse’s Association Coronavirus Information

https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/?utm_campaign=261605+COVID-19+MKT&utm_source=hero&utm_medium=digitalad&utm_content=covidresourcepage

Managing Stress and Self-Care During COVID-19: Information for Nurses

<https://www.apna.org/i4a/pages/index.cfm?pageid=6685>

Six Tips for Nurses Coping with the COVID-19 Pandemic

<https://engage.healthynursehealthynation.org/blogs/8/3617>

Sustaining the Well-Being of Healthcare Personnel during Coronavirus and Other Infectious Outbreaks

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_Well_Being_Healthcare_Personnel_during.pdf.pdf

Managing Healthcare Workers’ Stress Associated with the COVID-19 Virus Outbreak

https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp