

### First Responder Resources

Emergency Service workers face stresses from a variety of angles. Providers typically work more than 40 hours a week, every week: nights, weekends and holidays. We have inconsistent sleep times, when we actually do get to sleep, and often wake up to be out the door on an emergency call in less than a minute. We help patients and families in their time of emergency, organizing chaos and trying to help those who may not realize they need our help. It can be frustrating, annoying, and absolutely overwhelming. All this even before we include those most severe calls where we do everything right and still cannot change the patient's outcome. When you are frustrated, confused, lost, overwhelmed or just need someone to talk to, please reach out for support. You are not a burden, you are our friend. We need you as much as you need us. If you don't want to talk to a friend or co-worker, please reach out to a professional.

Suicide Prevention and Mental Health Crisis Lifeline	988
Illinois Warm Line	866-359-7935
Memorial Emotional Support Line	217-588-5509
Sangamon Valley CISM	217-788-8311

Please post the attached resource list where every employee can see.

### Lead Instructor Meeting

In June we hosted a Lead Instructor update meeting. That information will be provided a second time through a virtual meeting on August 8, 2022. All Lead Instructors were provided with this meeting info. Any additional providers in the EMS system are also invited to participate. Please email [Sara Brown](#) for the meeting link.

### Monkeypox Virus

Monkeypox Virus is part of the same family of viruses as Variola Virus. While Monkeypox is rarely fatal, its symptoms are similar to a mild form of smallpox. Vaccines already exist. In regards to prevention, suspected cases should be responded to with contact and airborne isolation precautions: gown, gloves, eye protection and N-95. After removal of PPE, hand hygiene with soap and water or alcohol based hand sanitizer should be performed.

### IDPH Reminder About Non-FDA Approved Devices

IDPH reminds all EMS agencies that non- FDA approved equipment is not allowed on EMS vehicles or to be utilized by EMS providers. Any patient care devices must be included in agency system plans.

### Education

The MEMS monthly CEU topic for August is Toxicology. The dates and times are Friday, August 12, 9 – 11 a.m., in-person and remote options and Tuesday, August 23, 7 – 9 p.m., remote only. Sign-up is on [Healthstream](#).

EMT Course                      8/22/22 (Mondays and Wednesdays)                      [LLCC](#)

Paramedic program info for LLCC is attached

EMT and Paramedic course info for Richland Community College is attached