

Harris County Community!

First Responders: Take Care Of Yourself!

Anyone who responds to a natural disaster will be affected by it. **Recovery efforts may last for weeks.** It's important that first responders take care of themselves and...

Stay safe

- make sure you are up-to-date on your Hepatitis B and Tetanus shots
- use first aid for all cuts and burns *promptly*
- use sunscreen, insect repellent, lip balm, and dress properly
- use personal protective equipment (PPE)
(ear plugs, head gear, boots, gloves, mask, safety glasses)

Stay healthy

- eat healthy meals and snacks frequently
- drink plenty of water
- get plenty of sleep and rest
- obtain enough prescription meds to last during the recovery period
- use mosquito spray that contains DEET when working outdoors

Reduce stress

- take a five minute break once in a while from the scene
- use time off for exercising, reading, or listening to music
- stay in touch with your family and friends
- talk about your emotions to process what you have seen or done
- use counseling services available through your agency

Protect your family.
Protect yourself.
Stay healthy & safe!

Harris County

HCPHES

Public Health & Environmental Services

www.hcphe.org

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