



# VDH: CBERS—Self-Care for Responder During COVID-19

The Virginia Department of Health Office of Emergency Preparedness and Department of Behavioral Health and Developmental Services will conduct a virtual **Community Based Emergency Response Seminar (CBERS)** on Dec. 3rd @12:00 PM-1:30 PM. This year's topic is ~ **Self-Care for Responder During COVID-19.**

To Register: [TRAIN Course ID# 1094133](#) Note: Registration is necessary to attend. A webinar connection link will be sent prior to those who register for this live webinar.

For more information: <http://www.vdh.virginia.gov/emergency-preparedness/cbers-2020/> or contact Adreania Tolliver at [adreania.tolliver@vdh.virginia.gov](mailto:adreania.tolliver@vdh.virginia.gov)

**Target Audience: Any disaster or emergency responder (Supervisors are encouraged to attend)**

- Emergency Management
- Disaster Shelter Workers
- EOC Staff
- EMS/Fire/Law Enforcement
- Emergency Dispatch
- Emergency Department Staff
- Local Health Districts and OCME Staff
- Anyone who responds to emergencies or disasters as part of their job.

### Participants will learn about:

- The various types of stress caused by providing care to others during COVID
- How COVID stress affects first responders
- The difference between burnout and compassion fatigue
- Self-care and develop coping strategies

## COPING WITH COVID-19

