

**Arrowhead CISM Team**  
**Notice of Changes Due To COVID-19 Pandemic**

**Update: March 26, 2021**



The ongoing pandemic, coupled with our intentions to adhere to State of Minnesota, Wisconsin and CDC issued guidelines, requires temporary changes in the services we offer. Our Team will continue to provide support and offer CISM services to individuals and agencies in our 8-county service area. The changes we are instituting will focus on safety and limiting exposures to the virus.

The following policy and procedure changes continue or are effective starting April 1, 2021:

1. In-person (face-to-face) group stress debriefings (CISD), group defusings or crisis management briefings (CMB) will be provided. The maximum size of the group will be limited to the current government recommended occupancy for type and size of space provided. If the room is not a regulated space, group size will be limited to maintain the State guideline for 6-foot distancing among participants.
2. Formal group debriefings (CISDs) will not be organized or provided virtually or using phone apps in order to control and maintain confidentiality.
3. For some requests for service following an event, we may offer to provide a crisis management briefing (CMB) or a defusing in place of a formal stress debriefing (CISD). If these alternative services are appropriate, they may be offered virtually (on-line) utilizing a platform such as Zoom or Microsoft Teams.
4. Our team members who are emergency service peers, will continue to be available to provide one-on-one peer support inside or outside of their work setting while following recommended COVID precautions.
5. There are no changes to the procedure to contact our Team. Call 218-625-3581, which is a 24/7 non-emergency number to the St. Louis County Communications Center.

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We recognize that the pandemic environment is itself stressful and an added stressor present on any emergency service response. Access timely documents designed to help manage COVID related stress by going to the [CISM page](#) of the Arrowhead EMS Assn. website.

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**Special COVID-19 Precautions Enforced for In-Person Services We Provide:**

1. You **may NOT participate** if you have any new & unexplained symptoms of fever, headache, breathlessness, cough, repeated shaking with chills, loss of smell or taste or if you are isolating or quarantined due to exposure.
2. **Mandatory face mask use at all times.** This includes CISM team members and all participants.
3. Apply a hand sanitizer upon entry into and leaving the meeting room.
4. Provide your own water or other drink and container. No food or beverages will be provided.
5. Maintain physical distance between participants: 6 feet whenever possible.
6. Organizers will attempt to follow State and CDC guidelines related to behaviors which limit virus spread.