

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

**Update: May 2022**



The frequently evolving pandemic, coupled with our intentions to adhere to State of Minnesota, Wisconsin, CDC and other local entity issued guidelines, requires adaptations to the services we offer. Our Team will continue to provide support and offer CISM services to individuals and agencies in our service region. The precautions we employ focus on safety and limiting exposures to the virus.

The following policy and procedure changes continue or are effective starting May 1, 2022:

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 may need to be limited due to the type and size of space provided to allow for social distancing as required.
2. Formal group debriefings (CISDs) will absolutely not be organized or provided “virtually” or by using phone apps in order to control and maintain strict confidentiality.
3. For some requests for service following an event, we may offer to provide a crisis management briefing (CMB) or a group or individual defusing in place of a formal stress debriefing (CISD). If these alternative services are appropriate, they may be offered virtually (on-line) or via telephone.
4. Our team members who are emergency service peers, will continue to provide one-on-one peer support inside or outside of their work setting while following currently recommended or required 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 creates its own challenges for emergency services. We have provided access to documents designed to help manage COVID related stress. They are accessed by going to the [CISM page](#) of the Arrowhead EMS Assn. website.

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**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. Face-mask wearing is optional at this time, unless the location is a facility which requires masks. Please be respectful of each participant’s choice and comfort level.
3. Apply a hand sanitizer upon entry into and leaving the meeting room.
4. Maintain appropriate physical distance between participants wherever possible.
5. Organizers will follow and enforce current State, CDC, local jurisdiction and facility guidelines and requirements related to disease transmission prevention.