

Addressing Healthcare Provider Stress Protecting Against COVID-19

Health professionals are among the groups at greatest risk of contracting COVID-19 and of experiencing work-related stress and fatigue. The [American Medical Association](#) offers the below tips from Dr. Mark Linzer, director of the Institute for Professional Work Life at Hennepin Healthcare and professor of medicine at the University of Minnesota in Minneapolis. Find the complete article [here](#).

- Take care of basic needs. Eat healthy meals and snacks. Drink water. Sleep. Tend to hygiene.
- Be aware of hours worked. To reduce the risk of burnout, health systems should make sure breaks are provided and taken.
- Support mental health. Learn about the effects of stress and ways to reduce it through means such as resiliency training, meditation, or counseling. Health systems should provide lists of mental health resources.
- Leadership should show compassion and empathy about the overwhelming amount of information surfacing each day and fears of catching COVID-19 and passing it to family members, colleagues, or others.
- Redistribute workloads as needed. Physicians and other healthcare workers who are home with children or due to a COVID-19 exposure can manage electronic in-basket work while workers in the hospital can manage sick people.
- Maintain a culture of wellness. Leaders can help reduce stress in clinicians, and the system can watch out for leaders' needs to refresh and sustain. Be supportive of work being done and stress how important it is, and consider cross training, rotating leadership, and forced time away from work.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text

For more information, visit: coronavirus.ohio.gov

Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

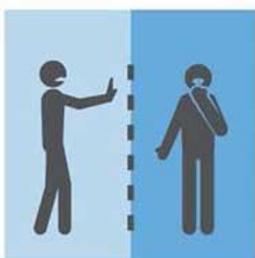
Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

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STAY HOME



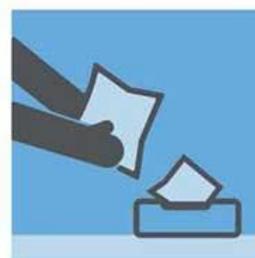
PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

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