

Daily Reminders/Misc.

- Watch Governor Burgum's update Monday and Friday this week (unless otherwise noted) at 3:30 pm CST (available on local news or NDDOH social media).
- Previous updates are archived on our website and can be found [here](#).
- As always, we express our deepest gratitude for all you do and remind you that you cannot take care of the world unless you first take care of yourself! If this is something you or somebody you know struggle with, you may want to take in the webinar entitled **“Combatting Cumulative Stress Among Caregivers: Learning the Art of Self-Care”** on Tuesday, May 19 at 1:00 PM CDT. Find the details and viewing information [here](#).

New and Current Guidance/Items of Interest

- ***NEW*** As of May 12, The National Registry is offering EMT and AEMT candidates the opportunity to take the official National Registry Cognitive (written) examination on their own computers at their home or office via new secure technology. Read about it [here](#).
- ***NEW*** ems1.com podcast episode – Inside the NY COVID-19 surge: An EMT shares his experience on the frontlines [here](#)
- ***NEW*** Burnout, Self-care & COVID-19 Exposure for Families of First Responders. Find the resource [here](#).
- Frontline Health Care Workers: How to Keep COVID-19 Out of Your Home attached!
- What EMS Needs to Know About the Latest Round of HHS COVID Funds [here](#)
- The First Responders Children's Foundation – Individual and Agency grants may be available for first responders and their families who are enduring financial hardship due to the coronavirus outbreak. Learn more about eligibility and/or donations [here](#)
- Interim AHA Guidelines for Reducing COVID-19 Transmission During Resuscitation in Pediatric Care [here](#)

Links

- NDDOH Website <https://www.health.nd.gov/>
- CDC Website <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- International Critical Incident Stress Foundation COVID-19 Resources: <https://icisf.org/covid19-resources/>
- ND HAN Website <http://hanassets.nd.gov/>
- EMS.gov Coronavirus/COVID-19 Resources https://www.ems.gov/projects/coronavirus_covid-19_resources.html
- COVID-19 Peak Predictions <https://covid19.healthdata.org/projections>

Please call us with your concerns! (701) 328-0707 gets you the Operations Center