

Common Signs and Symptoms During CIS Event

You have experienced a traumatic event or a critical incident. The event may be over, but you could be experiencing, or may experience later, some strong reactions to it.

THIS IS A NORMAL REACTION TO AN ABNORMAL EVENT.

It is normal to have reactions or to not have any reaction at all.

Stress reactions appear:

- Immediately
- Hours/days later
- Not at all

If you feel like you are struggling, please do not hesitate to call a professional for help. This does not mean you are weak. It means that this event was too powerful to manage alone.

Stress reactions can affect a person **physically, emotionally, cognitively or behaviorally.**

Some common signs and symptoms are:

Physical:	Emotional:	Cognitive:	Behavioral:
Chest Pain*	Anxiety	Confusion/Disorientation	Change in speech pattern
Difficulty Breathing*	Guilt	Poor attention	Loss of appetite
Shock symptoms*	Grief	Poor decision making	Increase of appetite
Fatigue	Denial	Heightened alertness	Withdrawal
Nausea	Severe Panic	Lowered alertness	Emotional outburst
Muscle tremors	Emotional Shock	Poor concentration	Suspiciousness
Elevated BP	Fear	Disturbed thinking	Pacing
Headaches	Uncertainty	Nightmares	Startle reflex
Thirst	Loss of emotional control	Intrusive images	Hyper alert to environment
Visual Difficulties	Depression	Difficulty identifying	Alcohol consumption
Grinding teeth	Inappropriate responses	familiar objects or people	Inability to rest
Weakness	Agitation	Poor problem solving	Antisocial Acts
Dizziness	Apprehension	Poor abstract thinking	Change in sexual function
Profuse sweating	Feeling overwhelmed	Loss of time, place or	
Chills	Intense anger	person orientation	
Vomiting			
Fainting			
*= need for medical evaluation			

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The Bob Denton

**Safety Forces
Support Center**