During the first few days after a traumatic event, it is normal to experience:

- Physical symptoms (shaking, headaches, fatigue, loss of appetite, trouble sleeping, body aches)

- Feeling numb, sad, anxious, worried, confused, fearful, angry or irritable

- Having distressing memories/flashbacks of what happened, having nightmares or trouble concentrating

- Feeling guilty or elated (for surviving), feeling ashamed (for not saving others)

- Being on guard or jumpy

Call the National Emotional Support and Suicide Prevention Lifeline 1564 in case your loved ones show more severe distress reactions.