

H1N1 Virus – Infection

- The flu virus spreads easily and has demonstrated the ability to remain viable for up to 8 hours on inanimate surfaces such as keyboards, door knobs and counter tops.
- An infected adult is able to infect others 1 day before his or her symptoms develop and up to 5 to 7 days after they become ill.

H1N1 Virus – Vaccination

- Two types of flu virus (seasonal and H1N1)/ 2 vaccines.
- Through September and early October, 99% of the influenza virus from patients in the U.S. proved to be H1N1.
 - If you get flu like illness prior to being vaccinated, it is highly probable that immunity to H1N1 would be obtained through actual infection, and H1N1 vaccine would not be necessary.
 - Seasonal vaccine would still be of benefit in preventing seasonal flu.
- Priority Groups for Vaccines

H1N1 Vaccine	Seasonal Vaccine
Healthcare workers	Healthcare workers
Daycare workers	Daycare workers
Pregnant women	Pregnant women
People who care for infants <6 months	People who care for infants <6 months
People aged 6 months through 24 years	Children aged 6 months through 18 years
People aged 25 through 64 years with chronic medical conditions	People of any age with chronic medical conditions
	People 50 years of age and older
	People who live in nursing homes and other long-term care facilities

H1N1 Virus – Precaution

- Precautionary Measures
 - If you have symptoms of flu-like illness, stay home.
 - Symptoms include **fever**, cough, sore throat, runny or stuffy nose, **body aches**, headache, chills and fatigue.
 - Avoid individuals with flu-like symptoms.
 - Wash hands with soap and water, especially after coughing or sneezing.
 - If soap and water are not available the use of a hand sanitizer is recommended.
 - Cover nose and mouth with a tissue when coughing or sneezing. Dispose of tissues in trash after each use.
 - Avoid touching your eyes, nose or mouth.

H1N1 Virus – Emergency Care

- Flu Symptoms are generally mild.
- Seek medical care for emergency warning signs:
 - difficulty breathing or shortness of breath
 - pain or pressure in the chest or abdomen
 - sudden dizziness, confusion
 - severe and persistent vomiting

H1N1 Virus - GSFC Advice

- NASA will receive allotments of H1N1 vaccine
 - Dispensed to high risk groups first
 - Then expanded to other Civil Servants.
- Employees should also receive seasonal flu vaccine when available.
- Contractors:
 - Adventist Health Care seasonal flu vaccination program
 - Held in building 26, room 212
 - November 3, 5, 10 and 12 from 11:00 am to 1:30 pm.
 - Cost: \$25.00

H1N1 Virus - GSFC Advice

- Stay home if sick or go home if feeling sick
- **All GSFC employees (contractor or civil servant) who become ill with “influenza-like-illness” should notify the GSFC Health Unit (301-286-6666) & Supervisor.**
- If the symptoms are “influenza-like-illness”, stay home for 7 days after symptoms begin or for 24 hours after symptoms have cleared, **whichever is longer.**
- Employees with an ill family member at home with influenza-like-illness can go to work as usual, but should monitor their health every day, and notify their supervisor and stay home if they become ill.
- Employees who become ill and who have an underlying medical condition or who are pregnant should call their health care provider for advice.
- During periods of heightened influenza prevalence, any worker who returns from travel should consider themselves exposed, and should monitor their health every day, and notify their supervisor and stay home if they become ill.
- Keep your emergency contact information current using Employee Express at <http://www.employeeexpress.gov> and click the "Emergency Contact Information" link.

Pandemic Planning Code 606

- Situation 1
 - Center is Closed
 - Only those employees identified as Emergency Personnel (listed on the chart) will be allowed on center.

CODE	Last Name	First Name
606.0	Laubenthal	Nancy
606.1	Simpson	Jeff
606.1	Fink	Bill
606.1	Lang	Paul
606.1	Bur	Michael
606.1	Kaymaz	Emre

CODE	Last Name	First Name
606.3	Brentzel	Kelvin
606.3	Jacob	Dan
606.3	Gardner	Glen
606.3	Coleman	Rodney

CODE	Last Name	First Name
606.2	Domchick	Hal
606.2	Gooden	Gene
606.2	Majstorovic	Steven
606.2	Pfaff	Bruce
606.2	Schardt	Tom
606.2	Sheridan	Lee
606.2	Chyatte	Michael
606.2	Donovan	Michael
606.2	Acks	Nicko
606.2	Duffy	Dan
606.2	Samowich	Bennett
606.2	Held	Theresa
606.2	McHale	Bill
606.2	Pobre	Zed
606.2	Rouch	Michael
606.2	Rumney	George
606.2	Salmon	Ellen
606.2	Sinno	Scott
606.2	Tarshish	Adina
606.2	Woodford	Bill

Pandemic Planning Code 606

Situation 2

- Center is open and operating with $\geq 60\%$ of employees (i.e. $\leq 40\%$ peak absenteeism) for 2 weeks, and lower levels of absenteeism for a few weeks before and after.

- CISTO Services to maintain (best effort):
 - NCCS Operations (24 – 41 employees)
 - IT Security (2 – 4 employees)
 - SEN/NCCS Networking (3 - 6 employees)
 - Direct Readout Lab (7 - 13 employees)
 - Resource Analysis (1 - 2 employees)

Pandemic Planning Code 606

Situation 2 (continued)

- Operating Strategy
 - Staff will telecommute where possible and if needed.
 - Utilize IT tools such as WebEx, Jabber/Instant Meetings, Skype.
 - Key contact information has been shared among NCCS and other staff.
 - Cross-training has been implemented in some areas.
 - Standard operating procedures have been documented for NCCS and other areas.

Pandemic Planning Code 606

Situation 2 (continued)

- Human Capital needs:
 - RA backup support,
 - procurement support,
 - Code 700 IT support.
- Facility needs:
 - Electric, A/C, water, networks, access to the Internet.
- IT needs:
 - Networks (CNE, SEN)
 - Code 700 RSA infrastructure and enhanced (from ~2500 to ~4000 users) VPN infrastructure
 - NCCS supercomputers and servers
 - Coordination with Center and Directorate IT security staff.
- NCCS contingency plan would be activated by Contingency Plan Coordinator (Phil Webster) as appropriate.
- Community and Corporate partners: CSC, ARC, HQ, user communities.

Get Ready to Telecommute!

- Test and ensure that you are set up to telecommute and that you can access the resources you will need to do your job.
 - Save
 - URLs
 - Account names
 - Passwords
- Necessary Applications: (Request through IDMAX/NAMS):
 - GSFC0108 GSFC Goddard Remote Access
 - GSFC0214 ITCD RSA SecurID
- Security:
 - Install/ configure Anti-virus and anti-malware software
 - Install latest patches
 - Contact sysadmin with questions
- Communication Tools:
 - WebEx
 - “Meet Me” dial-in phone number
 - Jabber or other NASA Instant Messaging
 - Skype – request a waiver through Jeff Simpson.

H1N1 Virus – Resources

- The Centers for Disease Control and Prevention: <http://www.flu.gov> and <http://www.cdc.gov/h1n1flu/update.htm> or <http://www.cdc.gov/H1N1FLU/>
- For those who want to follow the trends of the flu season and the pandemic more closely, weekly information can be found at www.cdc.gov/flu/weekly/ for national data, and for Maryland specific data, the Office of Epidemiology and Disease Prevention at http://www.edcp.org/influenza/Influenza_serv.cfm.
- The World Health Organization: <http://www.who.int/csr/disease/swineflu/en/index.html>
- NASA Occupational Health Web site: <http://www.ohp.nasa.gov>
- Additional information can be found on the Protective Services Division, Code 240 web site at: <http://securitydivision.gsfc.nasa.gov/index.cfm?topic=programs.emergency.pandemic>

Public Guidance Regarding Emergency Department Use for H1N1 Flu Symptoms

This guidance is being provided to help people 18 or older to decide whether their **flu-like** symptoms warrant the use of their local emergency department during an outbreak of influenza. Emergency physicians are always there to see patients who are ill and in need of emergency care. *Nothing in this document is intended to supersede the use of common sense in deciding when to seek emergency medical care.*

The members of the American College of Emergency Physicians (ACEP) want to ensure that they are able to provide care for all emergency conditions, even during an outbreak of influenza. It is important that our national medical resources be used efficiently. The following guidelines can help people obtain the appropriate medical care for their particular situations.

For children less than 18 years old with flu like symptoms please contact their physician or see this CDC guidance for parents and caregivers. <http://www.cdc.gov/h1n1flu/parents/>



The guidance document was produced under contract to and in collaboration with the Office of the Assistant Secretary for Preparedness and Response (ASPR) and the Emergency Care Coordination Center (ECCC).

This guidance was last updated on **October 8, 2009**.

If you are 18 or older and have symptoms that feel like the flu:

Do you have a fever or feel feverish and have a cough and/or sore throat?

If No, it is **unlikely that you require emergency care** for influenza at this point in your illness.

If Yes: Do you have any of the following warning signs of severe illness:

- Difficulty breathing or chest pain?
- Breathing rate over 24 breaths per minute?
- Purple or blue discoloration of the lips?
- Vomiting and inability to keep liquids down
- Signs of dehydration (Examples include headache, extreme thirst, dizziness when standing, and decreased urination)
- Confusion or change in either behavior or alertness?
- Convulsions or seizure?
- If you have a blood pressure device, is the top number less than 100?

If Yes to any of these questions: You should **go to the emergency department** for evaluation.

If all answers are No: Do you have any of the following conditions?

- Age 65 or older
- Diabetes
- Pregnancy
- Severely overweight
- Have an organ transplant
- HIV/AIDS
- Require kidney dialysis
- Chronic Heart Disease (congestive heart failure or severe coronary artery disease)
- Receiving or completed chemotherapy in past 30 days
- Have an immune compromised condition or taking steroid medications (like cortisone)
- Sickle cell
- Cirrhosis
- Chronic breathing difficulty such as asthma, cystic fibrosis, emphysema or Chronic Obstructive Pulmonary Disease (COPD)
- A disease that weakens the muscles such as multiple sclerosis (MS) or spinal cord injury
- A disease that makes it hard to think or remember such as stroke, brain injury, dementia, or Alzheimer's

If you have any of these conditions, and you have a fever or feel feverish and have a cough and/or sore throat, You should **call your primary care physician or seek care from a walk-in clinic**.

If you **do not have one of these conditions** or warning signs of severe illness: You should rest at home until you feel better. You may also take medicine, such as acetaminophen or ibuprofen for your fever. You should rest, eat well and drink plenty of fluids.

If you get worse, you may apply this guidance again to help you decide about seeking emergency care. If you feel that you are having an emergency, call 911 or go to the nearest emergency department.

Whenever you are sick, you should be extra careful to stay away from other people who are well and wash your hands frequently in soap and water or an alcohol hand sanitizer.

You are encouraged to get the seasonal flu vaccine and the H1N1 vaccine when it becomes available.

This tool is designed only for general educational purposes to assist users in identifying indicators of and responses to flu-like symptoms. It does not provide guidance for other medical conditions nor is it intended to substitute for professional medical advice. Like any printed material it may become out of date over time. Always seek the advice of your health care professional with any questions you have regarding a medical condition.