

General Protection Techniques

To slow the spread of influenza and to reduce its impact:

- Cover your mouth and nose with a tissue when coughing
- Wash your hands frequently with soap and water or an alcohol-based hand sanitizer
- Avoid touching eyes, nose, and mouth to minimize the transfer of germs
- Avoid close contact with people showing signs of sickness
- Receive annual influenza vaccinations, and strain-specific vaccination (when available)
- **Stay home if you are feeling sick or showing signs and symptoms of influenza**



Additional Resources:

For more information about the H1N1 Influenza virus and how you can protect yourself and your family, visit these web sites:

Centers for Disease Control and Prevention:

<http://www.cdc.gov/flu/pandemic/cdcresources.htm> - CDC resources for pandemic flu

Department of Defense:

<http://www.dod.mil/pandemicflu> - DOD's Pandemic Influenza Watchboard

Office of Personnel Management:

http://www.opm.gov/pandemic/pandemic_guide/index.asp - An OPM site covering a variety of civilian personnel issues relevant to pandemic flu

U.S. Department of Health & Human Services:

<http://www.flu.gov> - One-stop access to U.S. Government H1N1, avian and pandemic influenza information

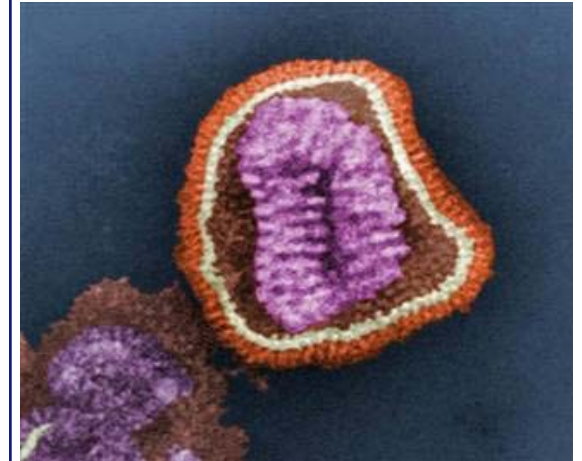
World Health Organization:

<http://www.who.int/csr/disease/influenza/pandemic/en/index.html> - WHO's pandemic flu web site

U.S. Army Center for Health Promotion and Preventive Medicine

<http://usachppm.apgea.army.mil/news/influenzaWebsite/pages/Pandemic.htm> - CHPPM's influenza prevention web site

H1N1 Influenza General Guidance



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General H1N1 Characteristics

While symptoms alone are not diagnostic of a particular disease, they may indicate when an individual has a transmissible disease such as influenza.

The following are common symptoms associated with the H1N1 virus:

- Fever
- Headache
- Fatigue
- Cough and/or sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting

Personnel experiencing any of the above symptoms should not report to work or, if at work, should return home.



Social Distancing Techniques

During pandemic influenza outbreaks, particularly at the onset, it is common for there to be limited supplies of strain-specific vaccine readily available. Although antivirals and good hygiene are other techniques used to combat influenza, they alone are not sufficient to prevent the spread of the disease. Practicing social distancing reduces the spread of influenza by increasing the space between personnel, thereby reducing exposure. Appropriate use of social distancing techniques, with or without medical interventions, is the best way to sustain the mission while protecting the force. NOTE: social distancing should be applied in accordance with AFI 36-807, *Weekly and Daily Scheduling of Work and Holiday Observances*.

Some examples of social distancing include:

- **Altered Work Schedules** — Offices direct personnel to work during different hours or shifts.
- **Minimum-manning** — Offices only require the minimum number of personnel needed to accomplish mission-essential functions to report for duty on location.
- **Telework** — Offices determine that some functions may be completed from home and recommend personnel report for duty from their residence or a telework facility.
- **Distributed operations** — Offices increase spacing between work stations or split personnel between multiple on-site locations.
- **Virtual meetings** — Use pre-existing communication capabilities (teleconference or video teleconference) in lieu of in-person meetings.
- **Six-foot rule** — Personnel maintain a distance of six feet between themselves and others.
- **Temporary delegation** — Transferring or delegating responsibilities to an organization not impacted by the outbreak.



It is important to remember that multiple techniques can be used simultaneously to create the most effective strategy based on personnel needs and mission requirements