



Coping with the threat of a Pandemic

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JSC EMPLOYEE ASSISTANCE PROGRAM

Stressors Associated with a Pandemic

- ▶ Missing work
- ▶ High absenteeism in team
- ▶ Increased work load
- ▶ Falling behind at work
- ▶ Conflicting demands
- ▶ Sick family members needing care
- ▶ Heightened stress symptoms
- ▶ Adequate basic resources
- ▶ Adequate access to effective healthcare

Groups with High Concern

- ▶ Employees and dependents with anxiety disorders, particularly those around contamination
- ▶ Employees with infants/small children at home
- ▶ Employees and dependents who are immunocompromised or have loved ones who are
- ▶ Employees who must travel as part of mission critical responsibilities
- ▶ Custodial service providers
- ▶ Child care workers
- ▶ Healthcare and Emergency Response providers

Tools



- ▶ Manage anxiety - look to current & factual info on pandemic, consider EAP services to help with coping
- ▶ Utilize excellent hygiene – especially handwashing
- ▶ Utilize social distancing
- ▶ STAY HOME IF YOU ARE SICK
- ▶ Be Flexible –telework, prioritize work, adjust work hours and setting as needed
- ▶ Step up self care to improve immunity - look to EAP website for information
- ▶ Don't over work
- ▶ Maintain a positive outlook - Stay positive, productive, empowered

Pandemic Information and Resources

- ▶ Center for Disease Control
- ▶ Harris County Public Health
- ▶ World Health Organization
- ▶ Red Cross
- ▶ Pan America Health Organization
- ▶ Your primary care physician – call for guidance on your specific health concerns

Internal JSC Resources

- ▶ NASA JSC SOS and RoundUp
- ▶ JSC Clinic * for information only*, DO NOT go to the clinic for virus care or testing
- ▶ Pandemic Team
- ▶ Human Resources
 - Telework
 - Flexi-place options
- ▶ Employee Assistance Program
 - Phone or e-mail consults
 - Assistance with caregiving resources
 - Stress management/resiliency building



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<https://sashare.sp.jsc.nasa.gov/EAP/Pages/Default.aspx>