

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

04.29.2022

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- It’s easier than ever to get your COVID-19 vaccine/booster!
- CDC Booster Recommendations
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***Don’t forget:  
Reasons to Celebrate!***

***Let Us Know:*** You can always email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) if you have suggestions or story ideas. Now there’s a new way to get in touch — “Let us know” by answering a few quick questions:

<https://at.virginia.edu/j9Tpnq>

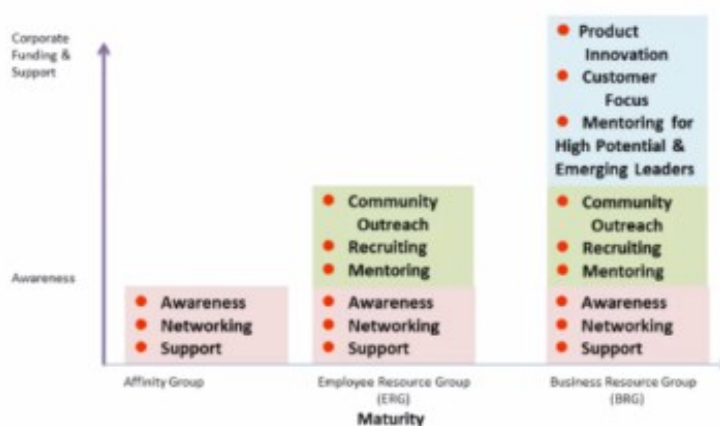
## DIVERSITY, EQUITY & INCLUSION

### Inclusive Excellence Update:

- **The Climate + Intergroup Relations Team** met with FM HR Business Partner Elsa Burnette on April 28th to learn about the R&R process, purpose and origins at FM.
- **The Access + Success Team** will meet with SVPO HR Business Partners on May 5th to learn more about the promotion process and are organizing a meeting with UVA HR Recruitment and HR Business Partners to learn more about the hiring process.
- FM IE Survey and Plan can be found here - <https://diversity.fm.virginia.edu/inclusive-excellence.html>

### ‘Employee Resource Groups’ or ‘Affinity Groups’ - What’s the difference?

#### Looking Ahead: Evaluating ERG Maturity



Credit: D. Chip Newton, Deloitte

## Events & News

- **Building Goodness Foundation Community Spotlight: UVA Facilities Management:** BGF partnered with UVA Facilities Management in this year’s Building Goodness in April - <https://www.buildinggoodness.org/bgf-blog/community-spotlight-uva-facilities-management>
- **Local Chef Khadija Hemmati is Celebrating Eid in New Ways** - <https://www.simplyrecipes.com/khadija-hemmati-celebrating-eid-new-ways-5225867>
- **Raised/Razed Movie Premiere, Saturday, April 30th** - Maupintown Media and VPM present the premiere of Raised/Razed, a documentary film about the life and history of Vinegar Hill, written and directed by Lorenzo Dickerson and Jordy Yager. <https://jeffschoolheritagecenter.app.neoncrm.com/np/clients/jeffschoolheritagecenter/event.jsp?event=4&eens-cook-off/>.
- **Summer English Classes are available through CAELC program** to register/learn more, please contact Emily Douglas at [em4hg@virginia.edu](mailto:em4hg@virginia.edu) or (434) 906-5810

# DIVERSITY, EQUITY & INCLUSION

## Empathy Kits

- There are many physical or 'seen' attributes to consider when we think about equity and inclusion such as race, gender, age, and ability, among others. However, there are many invisible or indistinguishable attributes we can work to remember and consider as we're thinking about how inclusive we are and would like to become. Neurological disorders can fall into this category.
  - [The UVA Neurodegenerative Experience class has created five-minute "empathy kits"](#) each one focuses on one of the most well-known neurological disorders: Alzheimer's, Huntington's, and Parkinson's.
  - The videos take viewers through a day of activities that mimic life as a patient.
  - "Simple things that we take for granted, like brushing your teeth, can become extremely difficult for someone with Huntington's."
  - "It was rewarding ... just to learn about it and understand that people are going through things that you might not realize," Smith said.
- We encourage you to take a few minutes to watch the videos below alone or with your teams to encourage discussion around inclusion - "Which attributes can we become more aware of in the practice of empathy and inclusion? "
- For more resources on accommodations for employees at UVA, please contact the UVA ADA team directly at (434) 924-3295 or at [adacoordinator@virginia.edu](mailto:adacoordinator@virginia.edu)



<https://www.youtube.com/watch?v=5Lic1mucZRQ&t=2s>



<https://www.youtube.com/watch?v=IVwK60m9tnk>



[https://www.youtube.com/watch?v=TFQemAuTF\\_Y&t=1s](https://www.youtube.com/watch?v=TFQemAuTF_Y&t=1s)

*To learn more about these events or share any additional events/updates, please contact Emily Douglas at [em4hg@virginia.edu](mailto:em4hg@virginia.edu) or [FM-DEI@virginia.edu](mailto:FM-DEI@virginia.edu)*

*Thank you!*

## **OCCUPATIONAL TRAINING**

### **View or Apply for UVA FM Job Postings**

**Current UVA Employees** Search for and apply to jobs using your existing [Workday account](#):

See UVA HR's **How to Apply: for Internal Candidates**: <https://at.virginia.edu/jgLuzS>

**External Applicants** (not currently employed by UVA) will be prompted to create a profile in Workday when applying: <https://uva.wd1.myworkdayjobs.com/UVAJobs>

*Not all listings are available to external applicants.*

#### **FM Job Listings as of 4/28/2022:**

Questions on job listings should be directed to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

- R0035445 Custodial Services Worker
- R0035630 Geospatial Space Technician
- R0035626 Geospatial Space Analyst
- R0035200 Quality Control Inspector
- R0033015 Poison Center Control Specialist
- R0032149 Facilities Planner
- R0030524 Boiler Operator
- R0034204 University of Virginia Apprenticeship Program
- R0034775 HVAC Supervisor
- R0032538 Zone Maintenance Supervisor, McCormick Zone
- R0026856 Senior Welder for Utility Systems
- R0033637 Pipefitter/Steamfitter Senior
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030560 Carpenter Senior
- R0031155 Instrumentation & Controls Technician
- R0033616 Pipefitter/Steamfitter
- R0030791 Instrumentation & Controls Technician
- R0032158 Operator/Pipe Layer or Senior Operator/Pipe Layer
- R0032487 Fire Systems Technician
- R0034777 HVAC Mechanic/HVAC Senior Assistant
- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0034404 Plumber
- R0032977 Sheet Metal Assistant Technician - CC&R
- R0032788 HVAC Assistant Mechanic
- R0032728 Operator Assistant - Heat Plant
- R0035267 Senior Trades Utility Worker
- R0034384 Plumber
- R0033786 Plumber
- R0033904 Electrician - CCR
- R0033071 Electrician - CCR
- R0034508 Electrician
- R0034658 Carpenter
- R0035363 Recycling Worker
- R0028255 Carpenter
- R0034727 Mason - CC&R
- R0030544 Carpenter - Construction & Renovation Services
- R0030397 Plumber Assistant
- R0034241 Trades Utilities Worker
- R0025247 Environmental Remediation Tech
- R0026545 Sheet Metal Technician - CC&R
- R0034425 Trades Utility Senior Worker
- R0029754 General Services Technician

**See more UVA FM Job Listings >>>**

## **OCCUPATIONAL TRAINING**

### **UVA FM Job Postings, Continued from previous page**

- R0035437 Sign Shop Worker
- R0035485 Custodial Services Day Supervisor, North Grounds Zone
- R0034827 Zone Maintenance Coordinator
- R0034264 Document Management & Compliance Analyst
- R0035345 Custodial Services Worker for Monday-Friday 7:00am - 3:30pm shift
- R0035433 Construction Project Manager
- R0035474 Lab Specialist Intermediate OR Lab Specialist Senior
- R0035354 Project Associate
- R0030564 General Services Supervisor
- R0035238 Building Automation System Service Manager
- R0030474 Custodial Services Workers for Monday-Friday 4:00pm - 12:30am shift
- R0035037 Maintenance Engineer
- R0035104 Electrical Engineering Technician or Associate
- R0033013 Electrical Engineer/Engineering Associate
- R0034860 Construction Superintendent
- R0033183 Finance Support Specialist
- R0034389 Administrative Specialist
- R0034252 Architect Associate
- R0031374 HVAC Mechanic
- R0025318 Recycling Program Coordinator
- R0034127 Training Development Specialist/Senior Specialist
- R0033696 Occupational Programs Coordinator
- R0032868 Custodial Services Worker - HSPP 5:00pm-1:30am
- R0032122 Construction Administration Manager
- R0030513 Custodial Services Worker, Evening Shift
- R0025875 Landscape Plant Health Specialist
- R0027779 Arborist

### **Financial Planning 101: Planning for Life's Biggest Adventures & Surprises**

**May 4, 2:00 PM, via Zoom**

The UVA Office of Engagement invites you to join Lazetta Rainey Braxton, MBA (McIntire '95) of 2050 Wealth Partners for an energetic discussion of Financial Planning 101: Planning for Life's Biggest Adventures and Surprises on May 4. Lazetta will draw on her decades of financial planning and wealth management experience to discuss how budgeting, saving, investing, paying off debt and protecting assets play a role in our financial goals and well-being.

**Register:** <https://at.virginia.edu/wYUpQt>

### **New ITS Office 365 Workshop Series**

**Starting May 19**

Ever wondered if you're getting the most out of Microsoft Teams or how to centrally organize all your files in OneDrive for easy sharing and collaboration? With sessions from Intro to Office 365 to more advanced sessions on Teams, this lunchtime learning series led by Microsoft trainers has offerings for both beginners and advanced Office 365 users. Additional workshop dates will be added just in time to help you get ready for the fall semester. Early registrants will receive a calendar invitation and can download their new digital badge after each event!

**Learn more and register:**

<https://in.virginia.edu/o365-events>

## OCCUPATIONAL HEALTH & SAFETY

### APRIL IS DISTRACTED DRIVING MONTH

Thank you for taking part in Distracted Driving Awareness Month, a nationwide effort to raise awareness about the dangers of distracted driving and eliminate preventable deaths and injuries on our roadways. Accordingly to the latest statistics released by the National Highway Transportation Safety Administration (NHTSA), over 37,000 people were killed on our highways in 2016, an increase of 5.6% from 2015.



Prior Distracted Driving Resources are available in our *OP Wrap Up* archive from this month:

<https://www.fm.virginia.edu/depts/occupationalprograms/newsletters.html>

For additional information on work zone safety and distracted driving, please see the links below.

→ Virginia DMV General Distracted Driving Information:

<https://www.dmv.virginia.gov/safety/#programs/drinking/distract.asp>

→ National Safety Council Distracted Driving Awareness Month Information:

<https://www.nsc.org/road/distracted-driving-awareness-month>

→ Drive Smart Virginia's Distracted Driving Outreach and Education Toolkit:

<https://www.drivesmartva.org/outreach-and-education/toolkits/>

→ National Work Zone Awareness Safety Week (April 11-15) Information:

<https://www.nwzaw.org/>

→ 2020 Virginia Traffic Crash Facts [pdf]: [https://www.dmv.virginia.gov/safety/crash\\_data/crash\\_facts/crash\\_facts\\_20.pdf](https://www.dmv.virginia.gov/safety/crash_data/crash_facts/crash_facts_20.pdf)

→ Virginia Law—Use of handheld personal communications devices in certain motor vehicles; exceptions; penalty Information: <https://law.lis.virginia.gov/vacode/46.2-818.2/>

FM OHS offers Work Zone Traffic Control Training, both basic and intermediate, to employees that will be involved in working around and controlling traffic.

To learn more, email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) or visit the OHS Training page:

<https://www.fm.virginia.edu/depts/ohs/training.html>



# OCCUPATIONAL HEALTH & SAFETY

## CONSTRUCTION SAFETY WEEK IS MAY 2-6

### Theme: Connected. Supported. Safe.

“Safety is a bond that unites us. It’s our connection to each other, and to something bigger than ourselves. **Being connected** gives us strength, because it means we are not alone in building a stronger, safer industry, and in creating a safe, supportive environment for our workers. **Supported** means we are here for one another, and we have each other’s backs in every possible way, providing the tools and resources necessary to ensure everyone can do their best work and return home safely every day. When we’re connected and supported, we are better able to help ourselves and our teams stay present and focused on the job. We are better able to create a culture and workplace where everyone feels safe. **The more we stay connected and committed, the more we can show up fully to support one another. And the more we feel supported, the more safe choices we make, and the better work we deliver, leading to safer selves, safer teams and safer job sites.**

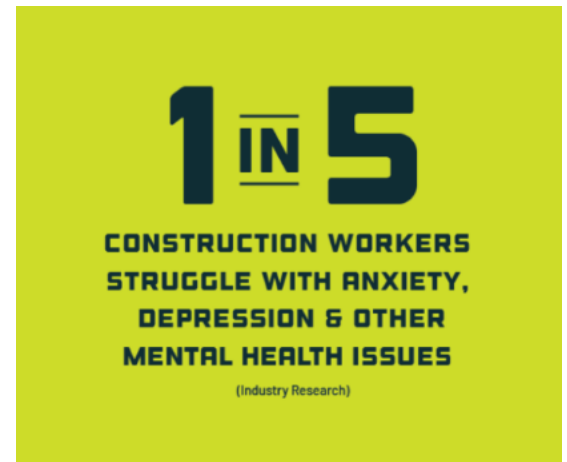


### Crisis Resources

- **National Suicide Prevention Lifeline:** 1-800-273-8255 (Press 2 for Spanish)
- **Crisis Text Line:** Text HOME to 741741 to connect with a Crisis Counselor
- **Veterans Crisis Line** (call, chat or text): 1-800-273-8255, Press 1 or <https://www.veteranscrisisline.net/>

### Additional Support Resources

- **NAMI Help Line:** <https://www.nami.org/help>
  - Call: 1-800-950-6264
  - Text NAMI to 741-741
- **NAMI Connection Recovery Support Groups:**  
<https://www.nami.org/Support-Education/Support-Groups/NAMI-Connection>
- **NAMI Support Groups** (for individuals or family members):  
<https://www.nami.org/Support-Education/Support-Groups>
- **Substance Abuse & Mental Health Services Administration:**  
<https://www.samhsa.gov/find-help/national-helpline>



**Thank you for looking out for each other and making UVA FM a safe and inclusive workplace. Look for more tips this week from Bernie the Bee on Twitter at <https://www.twitter.com/berniethebee>**



## Daily Topics for Construction Safety Week 2022

May 2-6, 2022

Theme: **Connected. Supported. Safe.**

We've assigned a recommended topic of discussion for each day of Construction Safety Week. We encourage supervisors to focus on these topics as you plan conversations, demonstrations and activities that reinforce our commitment as project teams, companies and an entire industry to be **Connected. Supported. Safe.**

### Monday, May 2: Remain Connected

Remaining connected to your loved ones, your co-workers/crew members, and your community allows each of us to be bonded and know that we are not alone. Connection brings comfort. It brings peace of mind. It allows us to be open and honest about daily experiences - good and bad - and find common ground with others around us. In other words, we are each other's keeper. Staying connected on the job will create a stronger, safer crew.

### Tuesday, May 3: Be Supported

Support is mutual. When you support a coworker or friend, they are in turn more likely to support you. This mindset will give each of us the courage to speak up for safety. Our voices are one of the greatest ways to eliminate exposure, but it is not always easy to speak up when we see a potential risk or an unsafe action. Support is also shown within selfless acts for others, which have positive physical and mental effects. A simple gesture of care and concern for a crew member or loved one gives the support they may need whether they are suffering from anxiety, depression, or a tough personal situation. Supporting each other and our crews by hearing our craft voice will keep us safe and informed.

### Wednesday, May 4: Stay Safe

Safety is and always must remain a top value. Safety Week is the time to fill our safety "gas tanks" to last us the other 51 weeks of the year by giving us tools and new perspectives on safety while also retaining safety fundamentals. The fundamentals of safety are often a company's cardinal rules, which are policies that would most likely result in death or serious physical harm if violated. Each of us has a duty to ourselves and our coworkers to be constantly aware of potentially hazardous conditions. Policies surrounding PPE, fall protection, confined space, and more are what keep us all safe and are the building blocks of a strong safety culture.

### Thursday, May 5: Continue Learning (Demonstration Day)

The construction industry is filled with people of all ages, backgrounds, cultures, and experiences. How do we unite together as one connected, supported, and safe industry? Sharing lessons learned on new innovations to a common issue or streamlining a task to make it safer and more efficient will allow us to continually learn, improving our overall safety.

### Friday, May 6: Thank You

Year over year, we have seen participation in Safety Week grow. This day is the time for us to thank craft employees across the US for all you do and your hard work 365 days a year. Because of each of you, we are united in safety.

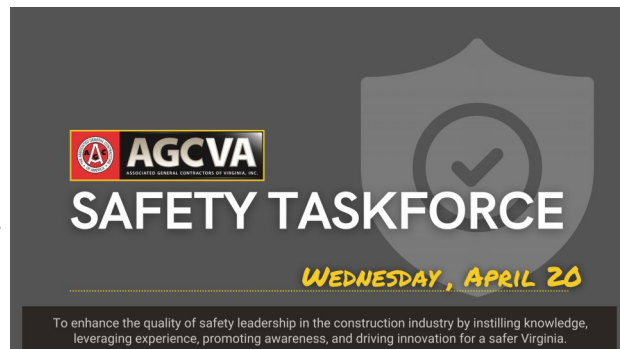
MAY 2-6, 2022



## OCCUPATIONAL HEALTH & SAFETY

### FM-OHS TEAMMATES TAKE PART IN AGCVA'S SAFETY TASKFORCE MEETING

On April 20, UVA FM-OHS teammates Narges Sinaki and Jamie Watkins took part in Associated General Contractors of Virginia's Safety Taskforce Meeting. Narges presented on "Heat Safety Preparation Discussion: Conducting Sampling and Building Your Safety Plan" and cited many of FM employees' experiences using sampling and how they were able to make their job safer once this hazard was recognized and measured. Jamie Watkins' presentation was the "ANSI Self-Retracting Lanyard Spotlight", reviewing new requirements for fall protection and how UVA was working to maintain compliance across trades and shops on Grounds and how that can translate to other firms. Jamie and Narges presented on these areas of their expertise via Zoom to more than 30 AGCVA members.



Learn more about AGCVA Safety Taskforce: <https://agcva.org/content.asp?contentid=190>

## REDUCE MUSCULOSKELETAL INJURIES: FOCUS ON FITNESS

### FREE CLASSES AND PROGRAMS FOR UVA FACULTY & STAFF OFFERED BY IM-REC THIS SUMMER!

Regular exercise and stretching are often recommended when it comes to preventing injury because these activities involve utilizing your range of movement through your muscles and helps to maintain your strength and flexibility.

Take advantage of **FREE** classes offered this summer by UVA IM-Rec:

- If you enjoy upbeat music and the group dynamic, [group fitness is for you](#).
- If you have a specific fitness goal in mind, check out the [small group training options](#).
- If you're looking to learn a new sport or get some pro tips on your tennis skills, check out the [sports lessons](#).

#### IM-Rec Programs at a Glance:

→ **Drop-in Group Fitness, Small Group Training and Tennis Lessons** are offered each week at the following locations: North Grounds Rec Center, The Park, Slaughter Rec, AFC, Memorial Gym, and Snyder Tennis Courts.

→ **No advanced registration is required for the drop-in group fitness classes.** Just show up for classes like Yoga, Zumba, Pilates, Aqua Jogging, Cycle, and Barre!

→ **Registration for Small Group Trainings and Tennis Lessons begins on May 9th.** Please call the IM-Rec Business Office at 434-924-3791 or e-mail [recsports@virginia.edu](mailto:recsports@virginia.edu) to register.

For information about all of the programs mentioned above, see

<https://recsports.virginia.edu/hoos-well>

# OCCUPATIONAL HEALTH & SAFETY

## WELLNESS

### APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Unfortunately, according to the CDC, 1/3 women and 1/4 men experience sexual violence involving physical contact during their lifetime. Sexual victimization can significantly impact physical health, mental health, and substance abuse. Additionally, sexual violence and other forms of trauma are common among people experiencing housing instability or homelessness. This is especially true for those incarcerated persons who identify as LGBTQ+ are also at disproportionate risk for sexual victimization ([more statistics here](#)).



#### What can we do to address these disparities?

- ◆ Promote social norms that protect against violence
- ◆ Teach skills to prevent sexual violence
- ◆ Provide opportunities to empower victims
- ◆ Create protective environments
- ◆ Support victims to lessen harms

Locally, we also have several great organizations who support sexual violence survivors and work to minimize sexual violence and their harms: [Sexual Assault Resource Agency \(SARA\)](#), [Shelter for Help in Emergency \(SHE\)](#), and [The Women's Initiative](#).

Source: Blue Ridge Health District, <https://at.virginia.edu/q3EkeJ>

### APRIL 30: PRESCRIPTION DRUG TAKE BACK DAY

ALBEMARLE COUNTY COLLECTION LOCATIONS

Saturday, April 30th  
10 am - 2 pm

- Wegmans
- Sentara Martha Jefferson Hospital

What to know:

- Any unwanted prescription or over-the-counter medications, vape pens, and e-cigarettes will be accepted.
- Remove any identifying information from medication bottles.
- Medical waste from commercial organizations will NOT be accepted.
- This service is free and anonymous, no questions asked.



Learn more: <https://www.albemarle.org/Home/Components/Calendar/Event/2543/16>

# APPRENTICESHIP LAST DAY TO APPLY!

This year, a single application is posted for all apprenticeship tracks and is open to all levels of experience. Applications will only be accepted online. The Apprenticeship application will close April 29.

Go to <https://apprenticeship.fm.virginia.edu/application.html> to see the requirements for the application.

Current UVA Employees can search for and apply to jobs using your existing [Workday account](#). All others, apply here: <https://at.virginia.edu/gc32bS>

**UVA FACILITIES MANAGEMENT**

# APPRENTICESHIP PROGRAM

**APPLICATIONS OPEN MAR. 18-APR. 29**

**PLUMBING**   **ELECTRICAL**

**MASONRY**   **HVAC**

**CARPENTRY**

 **UNIVERSITY OF VIRGINIA** | Facilities Management

**APPLY TODAY:** <https://apprenticeship.fm.virginia.edu/>

## COVID-19 RESOURCES

### Helpful Links

- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- OHS COVID-19 Resources: <https://www.fm.virginia.edu/depts/ohs/covid-resources.html>
- FM COVID-19 Communications: <https://www.fm.virginia.edu/employees/intranet/covid.html>
- Visualize FM COVID-19 Case Rates (accessible only by FM employees):  
<https://www.fm.virginia.edu/employees/intranet/fm-covid-chart.html>

## IT'S EASIER THAN EVER TO GET YOUR COVID-19

### VACCINE!

#### Make your plan today.

Schedule your free vaccine using the resources below:

- [Vaccines.gov](https://www.vaccines.gov)

OR

Plan to visit a walk-in clinic: <https://at.virginia.edu/JhDgmD>

Remember to use your [PHEL](#) for any time away from work.

[Learn more about the available vaccines in the US >>](#)



### Need Help?

Call 877-829-4682 to help you find available vaccination clinics near you, answer questions about vaccination and other COVID-19 topics, and more.

Open Monday-Friday  
from 8 a.m. to 6 p.m.

## Updated: CDC's COVID-19 Booster Recommendations

On March 31, CDC adopted new COVID-19 booster dose guidance recommended by the FDA to increase protection for certain populations at higher risk for severe disease. **The following individuals may receive a second booster dose of an mRNA COVID-19 vaccine (Pfizer or Moderna) at least 4 months after their first booster shot:**

- Adults ages 50 & up.
- Individuals ages 12 and up who are considered moderately to severely immunocompromised.
- Adults ages 18-49 who received the Johnson & Johnson COVID-19 vaccine for their first dose and booster shot.

These new guidelines acknowledge that the individuals above face an increased risk of negative health outcomes from a COVID-19 infection. **Not sure if you should get a second booster dose? Talk to your healthcare provider about your risk factors and whether or not you would be considered immunocompromised.**

Read the CDC's full update: <https://www.cdc.gov/media/releases/2022/s0328-covid-19-boosters.html>

## COVID-19 RESOURCES

### Face Coverings

[In an email that went out on March 25](#), UVA leadership reminded employees that University masking requirements were lifted, with a few exceptions, on March 21, and eliminated the requirement to wear a mask while in class for UVA students on March 28.



Masks are still required in:

- UVA Health clinical facilities in accordance with their policies, and
- University Transit busses.

Individuals with [certain medical conditions](#), who are immunocompromised, have immunocompromised household members, and/or are simply more comfortable wearing a mask are encouraged to continue practicing all COVID-19 precautions (masking, handwashing, etc.) as this disease remains in our community. FM Occupational Programs will continue to have masks available at trainings for those who would like to wear them.

Three-ply, fabric, & KN95 masks are available for your team through [the online form](#).

### “Mask Preferred” Signs Available

There’s nothing wrong with preferring that individuals entering your work area wear a mask. Masking has been shown to protect those at risk from catching the virus that causes COVID-19.

While masks are now optional in non-patient care areas, UVA faculty & staff may request “Mask Preferred” signs to be installed in their office area.



**MASK PREFERRED**  
*and appreciated*

To make a request, visit the [FM Customer Portal](#) (<https://customerportal.fm.virginia.edu>), select [Request Service](#), request “[Other](#)” and specify the “mask preferred” signage in the description.

Contact the FM Service Desk at 434-924-1777 for assistance.



# COVID-19 TESTING

## Spring 2022

The following testing guidelines are effective as of March 28th, 2022.

Why are you testing?	Students	Academic Faculty & Staff	UVA Health Team Members
<b>I'm symptomatic.*</b>	<p><b>SELF-ISOLATE AWAY FROM OTHERS.</b></p> <p>Schedule a COVID-19 testing appointment at <b>Student Health and Wellness</b> or report a positive test result using the HealthyHoos patient portal at <a href="http://www.healthyhoos.virginia.edu">www.healthyhoos.virginia.edu</a>.</p>	<p><b>SELF-ISOLATE AWAY FROM OTHERS.</b></p> <p>Contact <b>Employee Health</b> at 434-924-2013 for evaluation or <u>schedule a testing appointment online</u>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or <a href="mailto:employeehealth@virginia.edu">employeehealth@virginia.edu</a>)</p>	
<b>I'm a close contact.**</b>	<p> <b>FOLLOW VDH GUIDANCE.</b></p> <p>Schedule a COVID-19 testing appointment at <b>Student Health and Wellness</b> or report a positive test result using the HealthyHoos patient portal at <a href="http://www.healthyhoos.virginia.edu">www.healthyhoos.virginia.edu</a>.</p>	<p> <b>FOLLOW VDH GUIDANCE.</b></p> <p>Contact <b>Employee Health</b> at 434-924-2013 for evaluation or <u>schedule a testing appointment online</u>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or <a href="mailto:employeehealth@virginia.edu">employeehealth@virginia.edu</a>)</p>	
<b>I'm unvaccinated and was prevalence testing.</b>	<p>Prevalence testing is no longer required. Please review <u>VDH guidance</u> on how to keep yourself and others safe.</p>		<p>Continue prevalence testing at Employee Health.</p>
<b>I'm testing for travel.</b>	<p>Please review this <u>SHW travel resource</u> to prepare for required testing before travel. Testing and vaccination requirements will vary based on airline and destination.</p>		
<b>I'm testing for an event, before seeing family, or another proactive reason.***</b>	<p>Rapid antigen at-home tests are available for free at the <u>SHW Pharmacy</u> and <u>UVA Bookstore Pharmacy</u> through the end of the spring semester, while supplies last. <b>Let's Get Checked</b> kits can also be <u>ordered through the portal</u> while supplies last. Rapid antigen at-home tests are also available at local pharmacies, and <u>insurers are required</u> to fully cover 8 over-the-counter at-home tests per covered individual per month.</p>		<p>For all other testing (travel, required for conference, etc.) Please visit the BRHD website for alternative testing sites: <a href="http://www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites">www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites</a></p>

\* **Symptoms of COVID-19** include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea. **Source:** CDC

\*\* **A close contact is defined as** being within six feet of a person who has tested positive for COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period (e.g. having lunch or being part of a gathering with them); living with them; providing care for them; or having exposure to respiratory secretions (e.g., being coughed or sneezed on, sharing a drinking glass or utensils, kissing) from them.

\*\*\* Please be thoughtful about your use of community testing resources!



VDH has a new quarantine and isolation calculator that provides timeframes based on your vaccination status, specific date of exposure or symptom start, next steps to take, resources, and more.

**Check it out** at [www.vdh.virginia.gov/coronavirus/protect-yourself/isolation-quarantine](http://www.vdh.virginia.gov/coronavirus/protect-yourself/isolation-quarantine)

# COVID-19 RESOURCES

## Virginia Department of Health Resources

### Free N95 Masks

It has been proven that all masks and respirators are effective at reducing transmission of SARS-CoV-2, the virus that causes COVID-19, when worn consistently and correctly. Properly fitting respirators like an N95 mask provide the highest level of protection. Wearing a highly protective mask or respirator may be most important in certain high risk situations, or for people at increased risk for severe disease.

Last week, the CDC launched a new resource to help you find free N95s. To find free N95s near you, [visit the online search tool](#) or call 1-800-232-0233 (TTY 1-888-720-7489). You can also visit the CDC website to [learn how to use an N95 properly](#). Blue Ridge Health District will continue to provide free N95s at all [Mobi sites](#), as well.

*If your job duties require you to wear an N95, you must be fit tested & trained prior to use. Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) to find out more about fit testing.*

### Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order 2 sets total of 4 free at-home tests from <https://www.covidtests.gov/>

## Get free at-home COVID-19 tests

### Insurance Reimbursement for At-Home Tests

If you have health insurance through UVA or Marketplace, your insurance will pay you back for **8 at-home tests each month for each person** on your plan when purchased through a participating retailer. The test will either be free directly at the point of sale, if your health plan provides for direct coverage, or by reimbursement if you are charged for your test. Be sure to keep your receipt if you need to submit a claim to your insurance company for reimbursement. If your plan has set up a network of preferred providers at which you can obtain a test with no out-of-pocket expense, you can still obtain tests from other retailers outside that network. Insurance companies are required to reimburse you at a rate of up to \$12 per individual test (or the cost of the test, if less than \$12).

Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests. If you already ordered your first set, order a second today.

[Order Free At-Home Tests](#)

Need help placing an order for your at-home tests? Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

If you are a member of the UVA Aetna Health Plan, you can request reimbursement and FREE tests here: <https://health.aetna.com/sites/covid19-otc-home-test-commercialA.html> or log in to your [Aetna account](#) & select “Get Test Kits & Reimbursements” on the homepage.

Self-tests give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. These tests are useful if you think you've been exposed, are having symptoms, or simply would like to test for peace of mind before visiting another household.



# let's celebrate!

*Reasons to celebrate are all around us!*

Here are some upcoming holidays this week, both fun and serious. Click on each to learn more.

*May 2-6 is Construction Safety Week.*

**April 29: National Hairball Awareness Day**

**April 30: Honesty Day**

**May 1: National Mother Goose Day**

**May 2: National Brothers & Sisters Day**

**May 3: National Lumpy Rug Day**

**May 4: Star Wars Day**

**May 5: Cinco de Mayo**

**May 6: School Lunch Hero Day**