

## ***In this issue:***

Click the item title to go to the corresponding page. *Downloading this document may be necessary.*

### **OCCUPATIONAL HEALTH & SAFETY**

- **RECAP: Celebrating Safety Week**
- **Did You Know? Warm Weather Environmental Hazards!**
- **Tools for Your Toolbox: Mental Health & Tidiness**
- **Graduation Safety Reminders**
- **May 2023 Safety Champion: Bob Manz**
- **Celebrating Our Team: Sarah Reed Earns Degree!**
- **Be Alert: Extra Traffic Hazards This Week!**
- **Report A Barrier: Physical Infrastructure Concerns**
- **May Safety Poster: Thanks to the Landscape & Recycling Safety Committee**

### **APPRENTICESHIP**

- **Applications Are In! What's Next?**
- **UVA Pipelines & Pathways is Now OPEN to the Public!**

### **DIVERSITY, EQUITY & INCLUSION**

- **Survey: Make Your Voice Heard About UVA's Health Benefits**
- **Bike to Work Week/FM Bike to Work Day**



***Don't forget:  
Reasons to Celebrate!***

### **OCCUPATIONAL TRAINING**

- **Leadership Connection: Leadership Agility**
- **Managers & Supervisors: Are You Setting Your New Employees Up for Success?**
- **An Enhanced Onboarding Process is Coming to FM!**
- **View & Apply for UVA FM Jobs**
- **Upcoming UVA Pipelines & Pathways Career Building Workshops**
- **Apply Today: UVA Edge**
- **Join Hoos Speaking: Toastmasters Public Speaking**

### **WELLNESS**

- **May 11: End of COVID-19 Public Emergency**
- **Latest COVID-19 Vaccination Recommendations**
- **COVID-19 Mask Updates from UVA Health**



***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.

# OCCUPATIONAL HEALTH AND SAFETY



## RECAP: Celebrating Safety Week

May 1-5 celebrated OSHA's National Stand-Down to Prevent Falls in Construction as well as Construction Safety Week. The UVA FM Occupational Health and Safety team celebrated WORKPLACE SAFETY WEEK all week!

Be sure to check out Bernie the Bee's social media pages for the posts celebrating workplace safety and mental health, as well as posts celebrating FM staff making safety improvements at work—Check them out below!



[/BernietheBeeFM](#)



[@BernietheBeeFM](#)



[@BernietheBee](#)

## Safety Shoutouts During the Week:



2 likes  
berniethebeefm Today's #SafetyShoutOut goes to Daisy Maine with our Construction & Renovations Services team. Daisy and the crew that recently managed the pergola renewals at Old Cabell Hall were on top of their game! Daisy's background as a mason makes her keenly aware of what hazards can occur on the job. She took the initiative to be sure the site subcontractor had the appropriate training to get the job done safely, as well as made sure the jobsite remained safe for pedestrians.  
Nominate a Safety Champion or a Safety Star at the link in my bio!



2 likes  
berniethebeefm Today's #SafetyShoutout goes to the Landscaping and Recycling Safety Committee! Landscape supervisor Jonathan Racy and his committee noticed that several of their vehicles were missing height information to assess safe clearance. After getting the height measurements, signage for each one was created and installed inside the vehicles.  
Another great example of #SeeSomethingSaySomething! Sorry, Hungry 14th Street Bridge, you're not fooling these folks!



2 likes  
berniethebeefm #Shoutout to the UVA FM #WestGroundsZone team! They've achieved Virginia Department of Labor and Industry / #VOSH Stage 3 of the Challenge Program - a roadmap to making your workplace one of the safest and healthiest in the country! Learn more about what this means for the WGZ Team at link in bio.



Click each one to see details & more on Instagram!



## OCCUPATIONAL HEALTH AND SAFETY

### Did You Know? Warm Weather Environmental Hazards!

**Hazard:** *Copperhead snakes are present during the warm months in Virginia.*

#### Copperhead Snake:

These snakes have unmarked, copper-colored head and reddish-brown, coppery body with chestnut brown crossbands. The bands are hourglass-shaped.



#### First Aid:

- **Seek medical attention as soon as possible!** Dial 911 or call local Emergency Medical Services (EMS).
  - ◆ **Antivenom is the treatment for serious snake envenomation.** The sooner antivenom can be started, the sooner irreversible damage from venom can be stopped.
  - ◆ **Driving oneself to the hospital is not advised** because people with snakebites can become dizzy or pass out.
- **Inform your supervisor.**
- **Keep calm.**
- **Apply first aid while waiting for EMS staff to get you to the hospital:**
  - ◆ **Lay down or sit down** with the bite in a neutral position of comfort.
  - ◆ **Remove rings and watches** before swelling starts.
  - ◆ **Wash the bite** with soap and water.
  - ◆ **Cover the bite** with a clean, dry dressing.
  - ◆ **Mark the leading edge of tenderness/swelling** on the skin and **write the time** alongside of it.

**Learn more:** <https://www.cdc.gov/niosh/topics/snakes/symptoms.html>

## OCCUPATIONAL HEALTH AND SAFETY

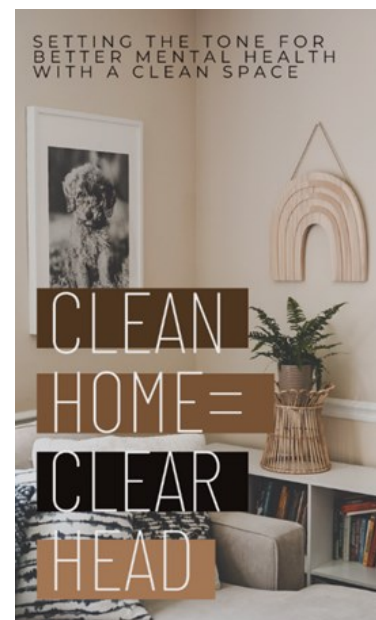
### Tools for Your Toolbox: Mental Health & Tidiness

Keeping your living space clean is shown to promote calmness and a sense of control over your day-to-day life. Your home environment doesn't need to be spotless, but clutter can be harmful to your mental state – contributing to depression, trouble focusing, confusion, and stress. Not only can clutter be distracting, but it has been shown to make it harder for your brain to think clearly. Neatness also provides predictability, which can cut down on brain fatigue and anxiety. Less time looking for lost items or getting distracted is always a good thing.

#### Tips for creating your tidy space:

- **Start small.** Choose one area to start or set a timer to dedicate time toward improving your space.
- **Be mindful throughout your day.** Get in the habit of putting items away before setting them down.
- **Practice mindfulness while cleaning.** One study found that people who were mindful while washing dishes – taking time to smell the soap, feel the water, and absorb the experience – reported a 27% reduction in nervousness, along with a 25% improvement in mental inspiration.
- **Think about organization.** How can you maximize your space and be intentional about organizing?
- **Get rid of unneeded belongings.** Donating or getting rid of items can go a long way toward keeping your home minimally cluttered and clean.

If you need a help making a plan to get tidy, contact UVA FEAP—  
They're FREE and confidential! <https://uvafeap.com/services>



### Graduation Safety Reminders

Many UVA FM employees are volunteering next weekend to help out at [UVA's graduation](#). UVA FM Occupational Health & Safety would like to offer the following safety reminders:

- **Have a Plan that Includes Safety:** Much like any job at UVA FM, working graduation exercises can benefit from a **Job Hazard Analysis**: Take time to identify possible hazards, look ahead at the weather to plan for appropriate clothing and sunscreen needs, and think about what you'll need while you're helping.
- **Be Mindful:** You're going to be surrounded by excited crowds unfamiliar with UVA Grounds. It only takes a second to get distracted!
- **Stay Hydrated!** Know the symptoms of [heat illness](#) and [dehydration](#).
- **Don't Stress!** Step away for a second if you need to. This hectic, happy weekend will soon be over and so many families and graduates are grateful for your help.

*Thank you, UVA FM, for helping with this event!*

If you have questions or concerns related to OHS, email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu).

## OCCUPATIONAL HEALTH AND SAFETY

### May 2023 Safety Champion: Bob Manz

Bob Manz has been nominated by his leadership and selected by UVA Facilities Management Occupational Health and Safety as the May 2023 Safety Champion. Bob works as a plumber lead with UVA FM Construction and Renovation Services and has served many years on the C&RS Safety Committee. Bob shares his institutional knowledge of UVA facilities with other plumbers in his group to keep UVA operating at its very best. In a recent recognition, Bob received praise for finding the source of a gas-like smell and abating it, and for showing his teammates the proper way to disable a drain trap in case there are unknown hazards present. Bob's day-to-day actions and application of his safety knowledge help keep UVA running safely for everyone! Thank you, Bob, for being a great example of keeping everyone safe every day.



Nominate a Safety Champion or a Safety Star: <https://at.virginia.edu/i2Nn4b>

### Celebrating Our Team: Sarah Reed

Sarah Reed, Occupational Health and Safety Technician, will graduate Monday, May 15, from Reynolds Community college with her Associate of Applied Science degree in in horticulture and her Career Studies Certificate in sustainable agriculture.



Sarah joined the OHS team last year and was previously a part of the FM Landscape team. Say *congrats* when you see her around Grounds!



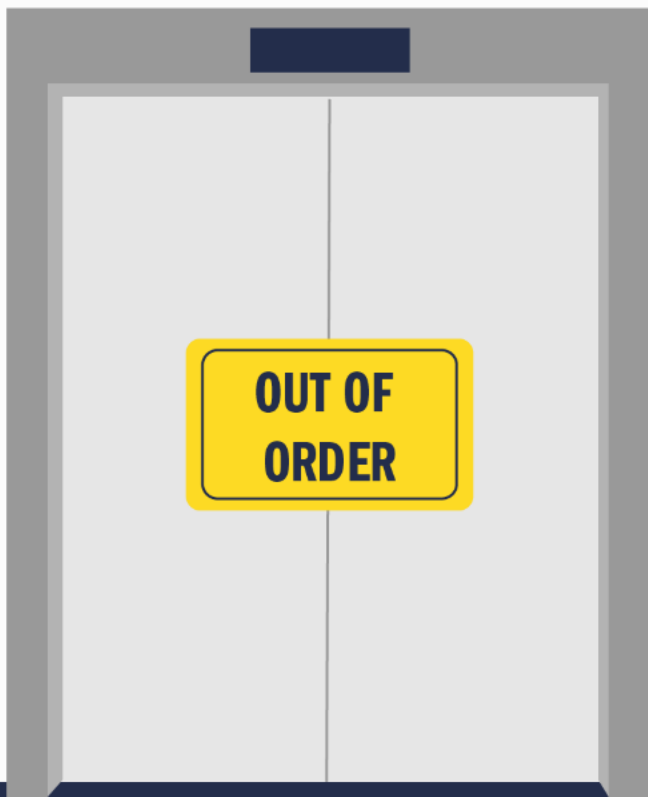
Sarah Reed, OHS Technician  
Ph: 434-260-2576  
E: [HMT4HO@virginia.edu](mailto:HMT4HO@virginia.edu)

## Be Alert: Extra Traffic Hazards this Week!

- This weekend is UVA move-out weekend! Be extra-aware of traffic and stay alert!
- May 16 is FM Bike to Work Day and May 15-19 is National Bike to Work Week, so be alert:
  - ◆ Share the road.
  - ◆ Always give cyclists at least 3 feet of space with your car.
  - ◆ Getting out of your car, employ the **"Dutch reach"** to be sure there are no cyclists in danger of crashing into your car door: *The Dutch reach method* encourages drivers and passengers to use their far hand and reach across their body to open car doors after parallel parking, forcing people to look backwards for approaching cyclists and other traffic before exiting the car. Research shows it makes drivers and passengers more aware of approaching cyclists, helping prevent crashes and save lives.



## OCCUPATIONAL HEALTH AND SAFETY



# **REPORT A BARRIER**

**Use the form to report physical infrastructure concerns such as**



- Broken doors or elevators
- Unlit areas
- Unsafe walkways
- Fall hazards
- Missing handrails
- Non-operating lights

<https://reportabARRIER.virginia.edu/>

### Report A Barrier

The University of Virginia is committed to equal access and the civil rights of people with disabilities. Barriers can include things like:

- an inaccessible website
- an inoperative elevator,
- a blocked access ramp,
- video without captions,
- or other lack of access to an event or program.

If you have encountered a barrier to access that is weather-related or involves maintenance in a University facility, please see additional reporting information found on the [More Information For Getting Help page](#) to assure the most timely response.

For all other barriers, complete the form at <https://reportabARRIER.virginia.edu/>. You may submit this form anonymously. *If so, you will not receive a confirmation of submission or subsequent follow-up information regarding the remediation efforts to remove the barrier.*

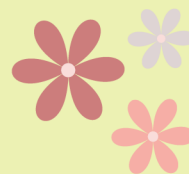
We will confirm receipt of your report, route the information provided to the appropriate department based on the type of barrier selected, and send remediation information to the email address you provide.

*Submission of this form does not constitute a formal complaint, grievance, or request for academic or workplace accommodation. Its intent is to assist in identifying and addressing barriers to access. Thank you for helping in this endeavor.*

# OCCUPATIONAL HEALTH AND SAFETY



## SPRING INTO SAFETY!



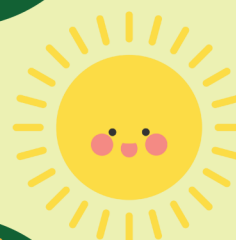
### Hydrate

Heat stroke can kill, drink and rest so you don't get ill!



### Bees

We aren't the only ones busy this time of year; watch out for bees!



### Sunscreen

Protect your skin, it's the only one you've got!



### Eye and ear protection

PPE only works if you wear it!



### If you see something, say something

Safety is no accident. If you see something that could compromise someone's safety, speak up!



**<< Report a Safety Concern**

Presented by the  
**Landscape & Recycling  
Safety Committee &**



Special thanks to Anya Wooding-Cady for the design!

## APPRENTICESHIP

### Applications are In! What's Next?

More than 70 applications were received for the incoming class of UVA Apprentices! Phone interviews will begin in the next 2 weeks, with in-person interviews starting in June for those who are selected to move forward. Onboarding of new apprentices will occur in the beginning of August.

If you know someone who has applied, have them make sure that all the required documents are submitted in their Workday application, as an incomplete profile will disqualify them from moving forward.

Questions on the program can go to [FM-Apprenticeship@virginia.edu](mailto:FM-Apprenticeship@virginia.edu).  
Questions on an application status should go to [AskHR@virginia.edu](mailto:AskHR@virginia.edu).



### UVA Pipelines & Pathways is Now OPEN to the Public!

UVA FM was represented May 8 at the Pipelines and Pathways ribbon cutting held at the Jefferson School African American Heritage Center.

UVA Pipelines & Pathways is an initiative of [President Ryan's Council on UVA - Community Partnerships](#) and was developed by the President's working group on local jobs and wages. The goal of the program is to increase the number of individuals residing in underserved communities in the Charlottesville region who are hired by the University, decrease the rate of turnover, and increase the number of Academic Division and University Medical Center employees who advance on the career ladder.



 Courtesy of UVA Pipelines & Pathways.

Learn more about the event from CBS19: <https://at.virginia.edu/yUWEJH>

Learn more about Pipelines & Pathways:  
<https://jobs.virginia.edu/pipelines-pathways>



**DIVERSITY, EQUITY & INCLUSION**

**Do you have 10 minutes?**

**Are you a UVA Academic Staff member?**

**Do you want to share how you feel  
about UVA's Health Benefit Plan?**

**Scan the link below to take our brief  
survey.**



*Survey closes  
May 26.*

**\*Survey is for current UVA Academic Staff only.**

La encuesta es solo para el personal académico de UVA y está disponible en español.

L'enquête est réservée au personnel académique de l'UVA et est disponible en français.

Utafiti ni wa Wafanyakazi wa Kitaaluma wa UVA pekee na unapatikana kwa Kiswahili.

Anket sadece UVA Akademik Personeli içindir ve Türkçe olarak mevcuttur.

**Survey sponsored by the UVA Staff Senate.**

*For more information on who the UVA  
Staff Senate is and what we do, please  
visit <https://staffsenate.virginia.edu/>  
or scan the QR code to the right →*



[Print a copy of the flyer.](#)

## DIVERSITY, EQUITY & INCLUSION

### Bike to Work

- Charlottesville Bike to Work Week: May 15-19
- UVA Biker Appreciation Stations: May 16-18

We encourage all those who are able to try out and/or celebrate this healthy and sustainable form of transportation! Whether you regularly bike to work or are beginning during Bike to Work Week, consider [taking the community pledge](#) to enter a drawing for Hoos Well- and UVA Sustainability-branded raffle items. UVA is sponsoring 3 Biker Appreciation Stations with pastries, stickers, and high fives for anyone who bikes to work at the following locations on the following days:

- **Tues, May 16 from 6:45-9am at Facilities Management** (upper level picnic tables between Leake Building and Skipwith Hall)
- **Wed, May 17 from 6:45-9am at the UVA Hospital** (bike rack between Emergency Room and Main Hospital)
- **Thurs, May 18 from 7:30-9:30am at the AFC** (under the clock tower at the corner of Alderman and Whitehead Roads)

**And remember: always wear a helmet and adhere to all traffic laws.**

**Happy biking!**

**FM BIKE TO WORK DAY!**  
**6:45-9 a.m. Tuesday, May 16**

**FREE PASTRIES** available for everyone who bikes to work that morning!

**LOCATION:** Picnic benches between Skipwith/Leake

Learn more about **Bike to Work Week:**  
<https://livableville.org/bike-to-work>

Charlottesville **Bike2Work**

**Charlottesville Bike to Work Week**

**May 15-19**

**Swag tents**  
**Group rides**  
**E-bike demo**

**Free registration at**  
**biketoworkville.org**

County of Albemarle Virginia  
 Charlottesville Bicycle Advisory Committee  
 UVA - Charlottesville Virginia  
 Community Climate Collaborative  
 LIVABLE CVILLE  
 Piedmont Environmental Council  
 rideshare  
 veo

Questions or comments about DEI updates? Email [FM-DEI@virginia.edu](mailto:FM-DEI@virginia.edu)

## OCCUPATIONAL TRAINING

### Leadership Connection: Leadership Agility

An American philosopher named George Santayana once said, *“Those who forget history are condemned to repeat it.”* Put in another way, Albert Einstein said, *“The definition of insanity is doing the same thing over and over and expecting different results.”*

Both quotes bring to mind the same idea: **learning from our mistakes and changing our practice based on those new ideas.** This type of “on-the-go” learning is called *learning agility* and is a fundamental skill in leadership.

According to author Filias Simpson, *“Learning agility is the ability to take something you have previously learned or experienced and apply those learnings to an entirely new or different scenario”.* As the past several years have proven, change is inevitable. The ability to adapt to new situations make learning agility crucial in leading teams, and can have a positive or negative effect on the health of an organization.

Author Dr. Bill Dickinson shares that agile learners share the following characteristics:

- Acquire new skills continually,
- Learn from their experiences,
- Embrace new challenges,
- Perform well in changing conditions,
- Are open-minded and adaptable.

When viewing each of these characteristics separately and together, a willingness to take on new ideas, skills, and challenges is central. No one knows when change will happen, we just know that it will. Being prepared and understanding previous challenges and how they can affect future issues is key. Learning agility is something that we learn over time, and modeling this skill for future leaders helps to prepare the next generation. Filias Simpson shared *“When leaders cultivate their own learning agility and encourage others to do the same, the business itself can prosper during times of transformation and emerge stronger than it was before.”*

### Learn more about Learning Agility:

- The Opportunity: Learning Agility & Leadership Development: <https://at.virginia.edu/iHTSfa>
- How Learning Agility Helps Transform Individuals Into Leaders: <https://at.virginia.edu/Uj73sJ>

### Check out our Workday Learning modules on learning agility and leadership below:

- Learning Agility | Workday Learning: <https://at.virginia.edu/Zt1VrL>
- Build Learning Agility on Your Team as a Manager | Workday Learning: <https://at.virginia.edu/CxhfC3>
- Strategic Agility | Workday Learning: <https://at.virginia.edu/LpZRRk>



Mark Orr, FM  
Occupational  
Training and  
Development  
Specialist Senior  
[pne4yf@virginia.edu](mailto:pne4yf@virginia.edu)  
Ph: 434-962-1020



## OCCUPATIONAL TRAINING

### Managers & Supervisors:

### Are You Setting Your New Employees Up for Success?

What are the benefits of successfully onboarding new employees? Why should managers care?

Managers & supervisors are a link between the employees and the organization, helping employees contribute to organizational goals and values.

An employee whose new job orientation goes well will:

- Perform better
- Feel more engaged with their job duties
- Have increased productivity
- Experience better job satisfaction, which leads to better employee retention.

As leadership, managers and supervisors should:

- Make new hires feel welcome.
- Facilitate knowledge transfer.
- Develop a good working relationship.
- Select and assign a buddy or mentor to show them the

### An Enhanced Onboarding Process is Coming to FM!

FM Occupational Training will be implementing a new, expanded onboarding experience beginning Monday, June 5. New employees will report directly to Occupational Training for the first two days of employment. They receive:

- New Employee Safety Training
- An overview of UVA, FM, Parking, Transportation, OHS, Fleet, Sustainability, DEI
- A review of the Code of Conduct, recording time and getting paid, meals/breaks, benefits, resources, and how to get involved.
- New Employee Safety Training
- Safety shoes from the Red Wing Shoe Truck (where applicable)
- A walking tour of FM
- Assistance with required computer-based learning (CBL) and I-9 completions
- A meet & greet with our CFO and their director
- Discussion of other touch points they will have for planning their professional development in their first year.



This all-inclusive process is being designed to make sure each new employee has what they need to begin their new positions successfully.

If you have questions or a new employee starting, email [FM-Training@virginia.edu](mailto:FM-Training@virginia.edu)

## OCCUAPTIONAL TRAINING

### Apply for UVA FM Jobs

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.*

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

[See FM jobs >>](#)

## Upcoming Pipelines & Pathways Career Building Workshops

Join the [UVA Pipelines & Pathways](#) Career Building 101 Workshop Series. Through these virtual, interactive workshops, you will learn the basics for building your career and get the tools you need to obtain your dream job at UVA! Share these events with your friends! All workshops are **FREE AND OPEN TO THE PUBLIC** and will be held live via Zoom. You may attend as many workshops as you'd like. Once you register, you will be emailed a Zoom meeting invitation link to access the workshop the day of the event.

**[MAKING A LASTING IMPRESSION](#)**—Wednesday, May 24, 2023 | 12:00pm to 2:00pm

This virtual workshop focuses on how a job applicant can make a lasting impression on an employer while navigating work opportunities. It will explain how to design a resume and professional profile as well as answers to job interview questions memorable to potential employers. This workshop will go in-depth on the definitions of Simple, Unexpected, Concrete, Credible, Emotional and Stories (SUCCEs), which are tools that can be used for crafting your resume, professional profile, and answers to common job interview questions.

Register for these workshops: <https://at.virginia.edu/1SCZ6V>

If you have questions or need additional information, please contact Hollie Lee at [HNL5Q@virginia.edu](mailto:HNL5Q@virginia.edu).

## Apply Today: UVA Edge

*Earn college credits and advance in your career.*

The UVA Edge fall 2023 application period is open now through **Monday, May 15**.

UVA employees can earn 20 undergraduate credits from the University of Virginia through UVA Edge, a flexible online program designed for working adults. UVA Edge is a part-time, online program and is covered by the UVA education benefit for eligible employees. It is ideal for students without college experience or with less than 30 credits. Students earn credits while building career and digital skills.

Learn more about the program on the UVA Edge website or through this Q&A with Facilities Management employees who have completed the program: <https://uvafm.exposure.co/uva-edge>

Learn more: <https://edge.virginia.edu/> | Apply: <https://apply.scps.virginia.edu/apply/>

Contact [edge@virginia.edu](mailto:edge@virginia.edu) with any questions.



# 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 12: Mental Health Provider  
Appreciation Day**

**May 13: Brunch for Lunch Day**

**May 14: Mothers Day**

**May 15: Peace Officers Memorial Day**

**May 16: FM Bike to Work Day**

**May 17: Graduation Tassel Day**

**May 18: Accessibility Awareness Day**

**May 19: Plant Something Day**



## WELLNESS

### May 11: End of COVID-19 Public Emergency

May 11th was the end of the COVID-19 federal public health emergency, but it is NOT the end of COVID. So what does that mean? COVID is still a threat for severe illness for those 65 or older &/or those with an underlying illness or a weakened immune system.

- **COVID-19 vaccines, including boosters:** UVA employees insured by Aetna will pay \$0 for the vaccine at in-network locations.\* If you haven't gotten the bivalent vaccine yet, it is strongly encouraged, especially if you are older, at-risk, or pregnant.
- **COVID-19 lab tests:** UVA employees insured by Aetna will pay a copay, coinsurance, or deductible at in-network locations.\* This amount is applied to your outpatient testing benefit, which is part of your medical plan. Associated office visits will also follow your normal plan cost share.
- **COVID-19 at-home test kits, also known as over-the-counter (OTC) test kits:** You will now pay the retail cost of the test kits, which are generally around \$12 per test. If you have a health savings account or flexible savings account, you can use those towards test kits.
- **Anti-viral medications or treatments, like Paxlovid:** UVA employees insured by Aetna will continue to pay \$0 for these prescriptions while the government supply is available.\*
- **Make a plan:** Use the CDC's template to make a plan: [https://www.cdc.gov/coronavirus/2019-ncov/downloads/needs-extra-precautions/FS\\_COVID\\_Plan\\_FINAL.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/needs-extra-precautions/FS_COVID_Plan_FINAL.pdf)—This can be useful in case of any kind of illness.

See more from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/end-of-phe.html>

See more from Aetna: <https://www.aetna.com/individuals-families/member-rights-resources/end-of-phe.html>

\* Individuals not insured by the UVA Aetna plan or those visiting an out-of-network healthcare provider may pay more for their vaccine or test.

### Latest COVID-19 Vaccine Recommendations

On April 19, [the CDC updated its COVID-19 vaccine recommendations](#) to allow adults 65 and older and immunocompromised people to get an **additional updated (bivalent) vaccine dose**. Read more below to learn what has and has not changed with COVID-19 vaccine guidance.

- **Adults ages 65 and older and immunocompromised people can get an additional COVID-19 vaccine dose.**
- **Monovalent (original) COVID-19 mRNA vaccines will no longer be recommended for use in the United States** due to the increased effectiveness of the bivalent vaccines.

#### **What has not changed:**

- **CDC continues to recommend that everyone ages 6 years and older receive a bivalent mRNA COVID-19 vaccine.** Individuals ages 6 years and older who have already received a bivalent mRNA vaccine do not need to take any action unless they are 65 years or older or immunocompromised.
- **For young children, multiple doses continue to be recommended and will vary by age, vaccine, and which vaccines were previously received.**

COVID-19 vaccines remain widely available at local healthcare providers, pharmacies, and clinics throughout the area.

[Information on BRHD vaccination clinics can be found on their website.](#) Community members can also search for COVID-19 vaccine appointments throughout the state and country [using the national vaccine locator tool](#) or by calling 1-800-232-0233 (TTY 1-888-720-7489).

Source: <https://myemail.constantcontact.com/BRHD-Newsletter-4-21-2023.html?soid=1134059434350&aid=05KYE3i1OcU>

# WELLNESS

## Updates from UVA Health, starting April 18

### Masks

UVA Health is broadening the areas of our system where masking is optional. Masks will continue to be required in areas that care for patients who are immunocompromised or are otherwise at increased risk of COVID-19 and/or severe disease. This includes within University Hospital, the Emergency Department, Transplant clinic, Cancer clinics, Dialysis centers, and Infusion centers.

Our requirement continues to mandate wearing a medical grade 3-ply facemask covering the mouth and nose. Patients and visitors also must wear a medical grade 3-ply facemask in University Hospital, the Emergency Department, and in designated high-risk clinics (Transplant clinics, Cancer clinics, Dialysis centers, and Infusion centers), except once inside the patient’s room.

Please see the table at right for a detailed listing outlining the masking requirements:

### Self-Screening

It remains the responsibility of all UVA team members to screen themselves for symptoms of illness. By coming into work, you are attesting that you are free from symptoms of COVID-19.

### Air Handling Systems

Air handling systems will be returned to their original specifications.

### Visitation Policy

UVA Health’s University Medical Center will be returning to the visitation policy that was in effect prior to the COVID-19 pandemic. We’re pleased to make this change – recognizing that visits from family, friends, and others are important to patients and support positive health outcomes.

Location	Mask Requirement
University Hospital (including imaging, public spaces, hallways, East Cafeteria, clinical care areas, and units)	Required
Emergency Department	Required
Transplant Clinics	Required
Cancer Clinics	Required
Infusion Center	Required
Dialysis Centers	Required
All Admin Buildings and Locations (including research areas, not likely to have patients or visitors present)	Optional
Ambulatory Clinics and Outpatient Imaging (most locations)	Optional
Orthopedic Center Ivy Road	Optional
Outpatient Surgery Centers	Optional
West Complex (except for shared Transplant and Surgery clinic space and Dialysis Center)	Optional

## OCCUPATIONAL TRAINING

### FM JOB LISTINGS\*

- R0048140 Fire Systems Assistant Technician
- R0046008 HVAC Mechanic or HVAC Senior Assistant
- R0045728 Quality Assurance Inspector
- R0046102 Custodial Services Supervisor-- Multiple shifts available!
- R0047715 Landscape & Grounds Worker
- R0045925 Custodial Services Supervisor, Evening Shift, North Grounds Zone
- R0047982 Student Assistant, Geospatial Engineering Services (Student Wage)
- R0047826 Custodial Services Worker - Multiple shifts available!
- R0046590 Utility Locator/Damage Prevention Technician
- R0047777 General Services Worker
- R0040639 High Voltage Electrician
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0036614 Licensed Tradespeople (HVAC, Electrical or Plumbing)
- R0047662 Zone Maintenance Electrical Supervisor
- R0047706 CC&R Project Manager
- R0046368 HVAC Mechanic or HVAC Senior Assistant
- R0047557 Finance Associate
- R0046046 Asbestos Abatement Supervisor
- R0036931 HVAC Mechanic
- R0047387 Instrumentation & Controls Technician
- R0047417 Mason - CC&R
- R0044445 Senior Welder for Utility Systems
- R0044386 Plumber Steamfitter
- R0044377 Senior Electrician
- R0044371 Electrician
- R0046336 HVAC Mechanic
- R0047282 Construction Project Manager
- R0047048 IT System Support Engineer, Associate
- R0046919 Geospatial Space Technician
- R0046946 Custodial Services Workers, Multiple Shifts Available!
- R0046146 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weeknight/Weekend Day Shift
- R0046833 Instrumentation & Controls Technician
- R0046631 BAS Construction Team Supervisor
- R0035630 Geospatial Space Technician
- R0044253 HVAC Mechanic or HVAC Senior Assistant
- R0042051 Recycling Worker
- R0042542 Controls Engineering Technician/Senior Controls Engineering Technician
- R0044309 Custodial Services Worker, Housing: M-F 8:00am-4:30pm
- R0045899 Landscape Manager
- R0045816 Senior Pipefitter/Steamfitter
- R0040954 Senior Welder for Utility Systems
- R0045100 Carpenter Assistant
- R0036157 Historic Mason - CC&R
- R0044588 Metering Technician
- R0041953 Drywall/Plasterer
- R0042657 Carpenter - Construction & Renovation Services
- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0041976 Computer Help Desk Tech (Student Wage)



\* As of 5/10/2023



# Find Your Voice



## Build confidence for your next speech or presentation!

Toastmasters provides a fun, safe, and supportive environment for you to practice public speaking. Along the way, you'll build a better you!

### Participating in Toastmasters will allow you to:

- Improve your public speaking and communication
- Gain confidence when speaking in front of others
- Sharpen your leadership skills
- Enjoy a competitive advantage in your workplace



Facilities Management

## Take charge of your future and join our club today.

**Hoos Speaking**  
Weekly meetings on Wednesdays, noon-1 p.m. in person and online.

Email Narges Sinaki at [ns4xq@virginia.edu](mailto:ns4xq@virginia.edu) to attend.

If you would like, please feel free to bring your lunch.