

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

1.15.2020

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

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

### **OCCUPATIONAL HEALTH & SAFETY**

- **The Vaccine is Here! Learn more about the COVID-19 vaccine.**
- **NEW! UVA FM's COVID-19 Dashboard**
- **Managers & Supervisors: Support your employees & enforce COVID-19 guidelines**
- **FREE COVID-19 Testing Resources for FM Employees**
- **YOU are the KEY to DEFEATING COVID-19**
- **Safety Shoes & Winter Boots**
- **Bernie Says: Practice Electrical Safety for "Unqualified" Employees**

### **APPRENTICESHIP**

- **DELAYED: January Rotations**
- **Recap: Plumbing Roundtable**
- **Meet Bonnie Hockins!**
- **1-on-1s are being scheduled**

### **OCCUPATIONAL TRAINING**

- **Professional Development Opportunity: APPA's Supervisor's Toolkit**

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

- **Martin Luther King Day 2021**
  - **Learn More**
  - **UVA Events**
- **UVA Faculty & Employee Assistance Program**
- **UVA Family Care & Tutoring Services**
- **UVA Human Resources Community Resources Office Hours**



*and as always, Reasons  
to Celebrate!*

# ***The vaccine is here!***



Last week, many FM employees who are frontline support of UVA Health received the invitation to schedule their first does of the COVID-19 vaccine through UVA Health. This is the first step to protecting yourself from the coronavirus that causes COVID-19. You are considered protected 2-4 weeks after your **second dose** of the vaccine. However, you must still practice physical distancing, wear your face covering, check in with HOOS Health Check, and wash your hands in order to protect those who have not yet received a vaccine.

## About the Vaccine & More Resources:



FAQs, accurate information, and about the national vaccination program from the CDC: <http://bit.ly/39vLLgi>



Vaccine FAQs from UVA

Health: <http://bit.ly/2N3Yjnw>



Virginia Department of Health's Vaccination Response page: <http://bit.ly/3bR46Hx>

Employees who have already received their first dose are encouraged to join **v-safe**, a smartphone-based tool by the CDC that gives you personalized health check-ins after you receive a COVID-19 vaccine.

- Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine.
- v-safe will also remind you to get your second COVID-19 vaccine dose if you need one.

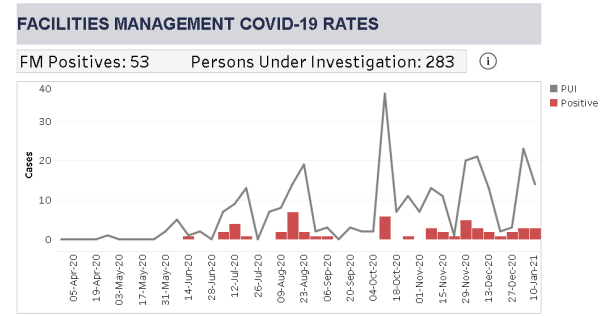


**Learn more:** <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>

Be sure to respond to your invite and take advantage of the COVID-19 vaccine once it is made available to you. The state is currently in [phases 1a and 1b](#) of the vaccination process. In the coming months it is expected the vaccine will be available to everyone.

## NEW! UVA FM's COVID-19 Dashboard

Working with FM Occupational Health & Safety team's data, UVA FM's Programs & Informatics team has created an FM-ONLY COVID-19 dashboard to keep employees informed. The dashboard shows the exposure and positive test case numbers for Facilities Management staff and contractors.



View it here: <https://www.fm.virginia.edu/employees/intranet/fm-covid-chart.html>

If it asks you to log in, your username and password are the same as your FM computer login.

## FM MANAGERS & SUPERVISORS:

### SUPPORT YOUR EMPLOYEES & ENFORCE COVID-19 GUIDELINES!

Managers, supervisors, and construction/renovation project managers must support and protect employees in their groups by reporting COVID-19 cases or suspected COVID-19 cases (symptomatic or exposure) using the [online reporting form](#). By making a report, supervisors are activating the Public Health Emergency Leave for their affected employees.

**COVID-19 On Grounds Guidelines** are to be enforced by supervisors to ensure that the potential for exposure to any asymptomatic individual remains as low as possible. FM Occupational Programs is working with the University to help educate employees and prevent the spread of COVID-19.

Employees found to be “at high risk of exposure” will be asked by Facilities Management to quarantine for 72 hours and seek testing at a UVA asymptomatic testing clinic. This is to prevent possible asymptomatic spread of the virus that causes COVID-19.

More information can be found in the OHS COVID-19 Resources:

<https://www.fm.virginia.edu/depts/ohs/covid-resources.html>

Look for the [COVID-19 Reporting & Guidance](#) document for supervisors & managers.

## FREE COVID-19 TESTING RESOURCES FOR UVA FM EMPLOYEES

**If you are experiencing illness or symptoms:** Stay home, inform your supervisor, and call Employee Health for testing and/or guidance at 434-924-2013.

**If you are not experiencing symptoms:**

- Let's Get Checked at-home kit:

<https://www.letsgetchecked.com/us/en/order-form/verification/>

- Saliva testing at the Central Grounds Parking Garage: <https://besafe.virginia.edu/>

**If you think you have been exposed, but aren't having any symptoms** you can be tested by appointment at the UVA Asymptomatic Testing Clinic: 434-243-9534.

# YOU ARE THE KEY TO DEFEATING COVID-19!

## CRITICAL REMINDERS:

UVA FM is experiencing an uptick in COVID-19 cases. As a reminder, all UVA FM employees **MUST:**

- **Maintain 6 feet (2 meters) of physical distance between themselves and others.** Tasks where this is not possible must be reviewed by leadership.
- **Wear a face cover at all times.**
- **Whenever a passenger is in an FM vehicle, both the driver and passenger must wear face covers, outside air ventilation must be maximized, and windows must be opened a minimum of 3 inches.** Make every effort to avoid having passengers in FM vehicles, including trucks, van, cars, Kubotas, and Gators. More information: <https://at.virginia.edu/3qtl2b0>
- **Cover coughs & sneezes.**
- **Wash hands**
- **Sanitize surfaces & tools frequently.**



## SAFETY SHOES & WINTER BOOTS

Even though the shoe truck is not on Grounds , UVA FM is continuing to work with Red Wing to ensure everyone who needs footwear PPE has access. The store on Pantops remains open for employees to redeem vouchers and [have boots serviced](#).

**If you need new safety shoes or winter boots (designated employees only),  
submit a request here: <http://bit.ly/UVAFMShoeRequest>**

## Winter Boot & Safety Shoe Care Tips:

- **No salt!** After snow storms, the roads around Charlottesville can get dusted with corrosive ice melt or salt, which mixes with the melting snow to create a formula for quicker wear and tear on your safety shoes and boots. Take 2 minutes and clean your shoes when you get home from work: Red Wing recommends wiping the salt off with a little mild vinegar and water solution.
- **Store your boots and shoes in a warm, dry place.** Do not place your boots or shoes near heaters or furnaces, as the extra heat from a heater or furnace can dry them out too fast, making some materials brittle and hard.
- **Different materials need different care.** See how Red Wing recommends you take care of different leathers: <https://redwingcharlottesville.com/winter-boot-care>
- **Take advantage of Red Wing's FREE 30-day service program:**  
<https://redwingcharlottesville.com/about-red-wing-shoes/service-program>



## OCCUPATIONAL HEALTH & SAFETY

*Bernie says!*

### ELECTRICAL SAFETY FOR 'UNQUALIFIED' EMPLOYEES

OSHA says that only “qualified” workers can perform electrical maintenance and repairs (29 CFR 1910 Subpart S). OSHA defines qualified workers as **those who have been fully trained to identify exposed live electrical parts and their voltage, and who have learned exactly what procedures to follow when they work on exposed live parts or are close enough to be at risk.** Everybody else is “unqualified,” and you don’t want any of them messing around with electrical wiring or trying to repair electrical equipment.

**Because almost every job – even in an office – involves some contact with electricity, all employees should recognize electrical hazards and know how to prevent them.**

**Here are the electrical safety basics all unqualified employees should know:**

- **Inspect electrical tools and equipment before** use to make sure insulation and wiring are in good condition.
- **If a piece of equipment shocks, smokes, smells, or sparks, turn it off, tag it out and report it to supervisor. DON'T USE IT!**
- **Check plugs** to make sure you have a good, tight connection.
- **Outdoors or in wet areas**, use only cords that are approved and plug into ground fault circuit interrupter (GFCI).
- **Don't touch anything electrical with wet hands or while standing in a wet area.**
- **Don't contact anything electrical with anything metal.**
- **Use only insulated, nonconductive tools around power sources**
- In areas with flammable liquids, vapors or combustible dust, **use only electrical cords and equipment identified as safe for that use.**
- **Don't overload outlets, circuits or motors.**
- **Don't let grease, dust or dirt build up on electrical equipment.**
- **Keep electrical equipment well lubricated to prevent overheating.**
- **Don't reach blindly into a space that may contain energized parts.**
- **Use extension cords only if necessary and when rated high enough for the job.**
- **Don't fasten electrical cords with staples, nails or anything that could damage the insulation.**



**Questions? Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)**

# Apprenticeship



## DELAYED: January Rotations

January 2021 rotations have been delayed to April 2021. As more and more FM employees take advantage of UVA's COVID-19 vaccination program, employee defense against the coronavirus will increase. By keeping Apprentices in their current rotation areas for a few extra months, the bubble of exposure opportunities remains limited. Apprentices will continue to learn and train with their group until the newly scheduled rotation date. **Thank you to everyone who continues to flex to our new normal!**

## Recap: Plumbing Roundtable, January 12

Thanks to Ryan McCarthy for taking the time to give an Inclusive Excellence update. Thanks also to Bonnie Hockins and Bobby Putrino from the OHS team for joining to review the importance of Lockout/Tagout. The apprentices in attendance gave great examples of how they use LOTO in their jobs.

### Meet Bonnie Hockins!

Most of the Apprenticeship team have interacted with Bonnie Hockins at some point in their training. She is a member of the FM Occupational Health and Safety team and leads Safety Committees, teaches many required training courses, as well as investigating incidents and conducting jobsite reviews. She is assisting the Apprenticeship team with conducting 1-on-1 meetings and ensuring concerns are addressed.



### 1-on-1s are being scheduled

Apprentices & supervisors should be aware that 1-on-1 meetings are being scheduled. Please allow apprentices time to complete these meetings. This will help the team assess apprentices' progress, attitudes, and goals for the coming year.

## OCCUPATIONAL TRAINING

### UPCOMING PROFESSIONAL DEVELOPMENT OPPORTUNITIES:

**Supervisor's Toolkit** has been specifically designed to meet the needs of the facilities management professional. It is a structured, open-ended, and pragmatic approach to developing supervisors. It is not so much a teach program as a development process, designed to help supervisors realize both personal and professional growth. The program has been newly designed as a full three days of training.

→ Virtual Supervisor's Toolkit, **February 8-11, 2021**

Class will be held via Zoom from 12:00 p.m.-3:00 p.m. (EST)

Cost is \$800

To register, visit APPA.

→ Virtual Supervisor's Toolkit, **February 22-25, 2021, Times TBD**

Supervisor approval required. Registration via APPA: <https://www.appa.org/supervisors-toolkit/>



## DIVERSITY, EQUITY & INCLUSION

### MARTIN LUTHER KING DAY 2021

**Monday, January 18 marks the 35th anniversary of the federal holiday in honor of Rev. Martin Luther King's birthday.** Signed into law in 1983 and first observed in 1986, the holiday is a deserving tribute to King for advancing civil rights and social justice through non-violent protest. His was only the second birthday designated as a federal holiday after the observance of George Washington's birthday. Read more: <http://bit.ly/39w85WT>

**Visit the Civil Rights Museum at the Lorraine Hotel.** Established in 1991, the National Civil Rights Museum is located at the former Lorraine Motel, where civil rights leader Dr. Martin Luther King Jr. was assassinated on April 4, 1968. <https://www.civilrights museum.org/>

On April 4, 1968. <https://www.civilrights museum.org/>

**Learn more about Dr. Martin Luther King, Jr** - He was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. <https://www.history.com/topics/black-history/martin-luther-king-jr>

**The Martin Luther King Jr. Research and Education Institute at Stanford University will host a free, four-day webinar and film festival.** from the evening of Jan. 15 through Jan. 18, 2021. On the eve of the presidential inauguration, the festival will feature over 15 documentaries as well as musical performances and panel discussions that speak to Dr. King's unanswered question: "Where do we go from here?" RSVP for this event <https://kinginstitute.stanford.edu/>

### Upcoming events with UVA's 2021 Community MLK Celebration:

- **MLK Day of Service Volunteer Opportunities (1/18)** - The United Way of Greater Charlottesville in collaboration with The Nature Conservancy and AmeriCorps present projects in conjunction with MLK Day of Service. MLK Day is our nation's only National Day of Service. We hope you can take time on or around this day to connect with a nonprofit. These projects and more make a difference in our community. Opportunities listed include work with nonprofits that focus on hunger and the environment. <https://mlk.virginia.edu/mlk-day-service-volunteer-opportunities>
- **Continuing His Dream & Works (1/18 7pm)**- Join Alex-Zan for his annual MLK event, Continuing His Dream & Works. The event will be available for viewing on Comcast Channel 14 and at [Alex-Zan.com](https://mlk.virginia.edu/continuing-his-dream-works). <https://mlk.virginia.edu/continuing-his-dream-works>
- **Race Relations and Criminal Justice in the New Year (1/19 3:30pm)** - Following a year of intense activism sparked by the Black Lives Matter Movement, this moderated conversation will discuss the future of race relations and criminal justice reform in America under the incoming Biden administration. Featured speakers include Kevin Gaines, the Julian Bond Professor of Civil Rights and Social Justice at the University of Virginia and a Miller Center senior fellow, and Paul Butler, the Albert Brick Professor in Law at Georgetown University Law Center and a legal analyst on MSNBC. <https://mlk.virginia.edu/race-relations-and-criminal-justice-new-year>



Dr. Martin Luther King, Jr. speaking before 25,000 Selma To Montgomery, Alabama civil rights marchers, in front of Montgomery, Alabama state capital building. On March 25, 1965. GETTY IMAGES

**More from FM Diversity, Equity & Inclusion >>>**



## **DIVERSITY, EQUITY & INCLUSION**

### **Upcoming events with UVA's 2021 Community MLK Celebration (CONTINUED):**

- **Mental Wellness, Racial Justice, and Resiliency Talk (1/19 6pm)** - Join us for a talk on how to improve your self-care and those within your community. Liz Ramirez-Weaver will be the speaker of this event, discussing how to handle mental wellness daily, especially during struggles and amidst a pandemic. She will also discuss racial justice and resiliency within the Charlottesville community, especially in minority backgrounds. Liz is a Licensed Clinical Social Worker at UVA and bilingual in English/Spanish. She has experience helping people with anxiety, depression, relationship and family concerns, healthy living and positive body image, multi-cultural issues, trauma, and grief. <https://mlk.virginia.edu/mental-wellness-racial-justice-and-resiliency-talk>
- **A Conversation with Austin Channing Brown, author of the best-selling I'm Still Here: Black Dignity in a World Made for Whiteness (1/20 5pm)** - Join us for a conversation with Austin Channing Brown, who will speak to the task of building community out of chaos, moderated by Jaronda Miller-Bryant, Program Director of Engaged Scholarship at the Maxine Plutzer Lynn Women's Center. Austin Channing Brown is a speaker, writer and media producer providing inspired leadership on racial justice in America. She is the author of New York Times' bestselling I'm Still Here: Black Dignity in a World Made for Whiteness - recently chosen as a Reese Witherspoon Bookclub pick - and the Executive Producer of web series The Next Question. Her work centers the experiences of Black women. She evokes thought, feeling and action as she celebrates Blackness and the possibility of justice in our organizations and communities. <https://mlk.virginia.edu/conversation-austin-channing-brown-author-best-selling-im-still-here-black-dignity-world-made>
- **"In Love We Still Trust: Lessons We Learned from Martin Luther King Jr., and Sr." (1/21 1pm)** - Dr. Virgil Wood, an Albemarle County, Virginia native will discuss his book In Love We Still Trust: Lessons We Learned from Martin Luther King, Jr., and Sr. and share his experience attending Hillsboro School in Crozet, Virginia and Albemarle Training School in Charlottesville, which set the foundation for and led him to a PhD in education for Harvard University and being the community organizer for Virginia for the historic 1963 March on Washington. During Dr. Wood's presentation, Dr. Daniel Fairbanks, a professor of biology at Utah Valley University and sculptor, will sculpt in real-time an interpretation of Dr. Wood's presentation. There will be a 30-minute talk and 30 minutes of Q&A. <https://mlk.virginia.edu/love-we-still-trust-lessons-we-learned-martin-luther-king-jr-and-sr>

---

### **UVA FEAP (Faculty & Employee Assistance Program)**

As we head into an uncertain new year, we pause to consider the increased feelings of stress, loneliness, grief, and loss many of us may be experiencing. Take advantage of this free service from UVA.

**FEAP is here to support. Explore their offerings or schedule a 1:1 appointment:**

<https://uvafeap.com/appointments/>



## UVA HR Community Resources' Office Hours for FM Employees

Appointments are required. To schedule, contact Stuart Munson by emailing [scm5rw@virginia.edu](mailto:scm5rw@virginia.edu) or calling 434-243-3672 or 434-326-6206.

Learn more: <https://at.virginia.edu/2JPAESH>



***FREE, CONFIDENTIAL RESOURCES TO ASSIST WITH:***

- **BASIC NEEDS** SUCH AS HOUSING, CLOTHING, UTILITIES AND FOOD
- ASSISTANCE WITH **PERSONAL BUDGETING** AND FINANCE
- FREE **LEGAL RESOURCES** AND ACCESS TO LAWYERS

**SECOND TUESDAY OF EVERY MONTH, 11 a.m.–noon**  
***in Leake lower-level conference room 20***

**Appointments are required.**

***To schedule, contact Stuart Munson by emailing [scm5rw@virginia.edu](mailto:scm5rw@virginia.edu) or calling 434-243-3672 or 434-326-6206.***

## UVA Family Care & Tutoring Services

Take a moment to ensure you are aware of UVA's enhanced services and resources to support your family's needs:

- UVA's Dual Career Program has developed a [Parent & Guardian Connection](#) aimed to help employees connect with others in the UVA community to bridge childcare gaps and engage with one another around shared interests and priorities, e.g., socially distanced activities, virtual meet-ups, and more. From their website you will have access to a number of different dependent and back-up care services, including those outlined through [UVA HR](#) – you may also use the chart located here: <https://at.virginia.edu/3ILo4FG> to help you identify resources to best fit your needs.
- Charlottesville Education Equity in partnership with Madison House is offering tutoring services for area students. The team is particularly attentive to provide support to those families with greater financial needs and all inquiries are welcome. Interested individuals can learn more by visiting <http://cvilleeducationequity.com/get-support-families/> and request free virtual tutoring by completing this form: <https://bit.ly/3pINzK3>



## Steps for Supervisors & Managers: COVID-19 Reporting & Guidance in the FM Workplace

*UVA FM Occupational Programs is responsible for aiding UVA COVID-19 Case Management Operations Team's surveillance of COVID-19 cases and suspected cases within UVA FM. FM-OP is available to offer guidance to supervisors and affected employees.*

***All FM employees are expected to be responsible for frequent handwashing, physical distancing, wearing a face covering, and monitoring themselves for any possible COVID-19 symptoms.***

*Employees who fail to do this may be subject to discipline.*

1. If an employee is directed to go for testing, is exposed, or receives a positive COVID-19 test result, supervisors or managers must fill out the [online reporting form](#), which notifies [FM-OHS](#) and FM's HR Business Partners. They must also notify their chain of command of the potential and/or positive case information.
2. Following this, the reporting supervisor will receive a secured email via [Zix](#) from UVA OP seeking further case information to identify those at risk of exposure.
3. Guide employees who have been exposed & who are at risk of exposure:
  - a. Exposed employees will most likely be receiving a call from the Virginia Department of Health. Please make sure your employees are aware, can take the call, and know to provide any requested tracing information.
  - b. If a positive result is received by an employee being tested, the expectation is that everyone at high risk of exposure will be out of work for a minimum of 72 hours. To be able to return to work, at-risk-of-exposure employees will need the following:
    - i. A NEGATIVE COVID-19 test result and a call from VDH clearing them to return prior to 72 hours out of the office.
    - OR
    - ii. A NEGATIVE COVID-19 test result and 72 hours since leaving work.
4. Contact the group in their area that is responsible for cleaning the locations that may contain viral material for next steps – This may include blocking off areas where the affected employee was working. *Contacts are included on the reporting form.*
5. Communicate with employees affected using the email template provided by FM-OP. You will receive the template from OHS once the [notification form](#) is completed & submitted.
6. Continue to provide guidance. A COVID-19 positive employee may return to work after they've been cleared by Employee Health. Any other return to work clearances must be validated by Employee Health.
7. Direct any questions to your HR Business Partners or FM-OHS.

***Communicate all employee status changes & health updates to FM-OHS, FM's HR Business Partners, and your chain of command in a timely manner.***

## What to do:

### 1. **Symptoms** – If an employee reports they:

- a. are feeling unwell and are experiencing **COVID-19 symptoms**

OR

- b. have received a positive COVID-19 test result

Have the affected employee **call Employee Health immediately** at 434-924-2013.

*Employee Health will perform intake and assessment which will include guidance and may include testing. The supervisor will be notified of any test results via a secured **Zix** email from Employee Health.*

### 2. **Exposure** – If an employee:

- a. **lives with someone infected** with COVID-19, or
- b. was requested through UVA or VDH tracing **to quarantine or test for COVID-19**, or
- c. reports **significant exposure** to someone outside of work found to be infected

They may be contacted by their **local health department** with guidance. Otherwise, they should go home or stay home and **quarantine** for 72 hours. During this time:

- a. They must not report to work on-site or leave home except for **essential trips**, although they can work from home, if able. *If they must take leave, they are eligible for the State Public Health Emergency Leave (PHEL) located under **Workday**'s Occasional Time Off in the Leave request area.*
- b. They should **seek asymptomatic testing** through a **voluntary test** provided free by Let's Get Tested, saliva testing, or by appointment at the UVA Asymptomatic Testing Clinic. Clinic appointments can be made by calling 434-243-9534.

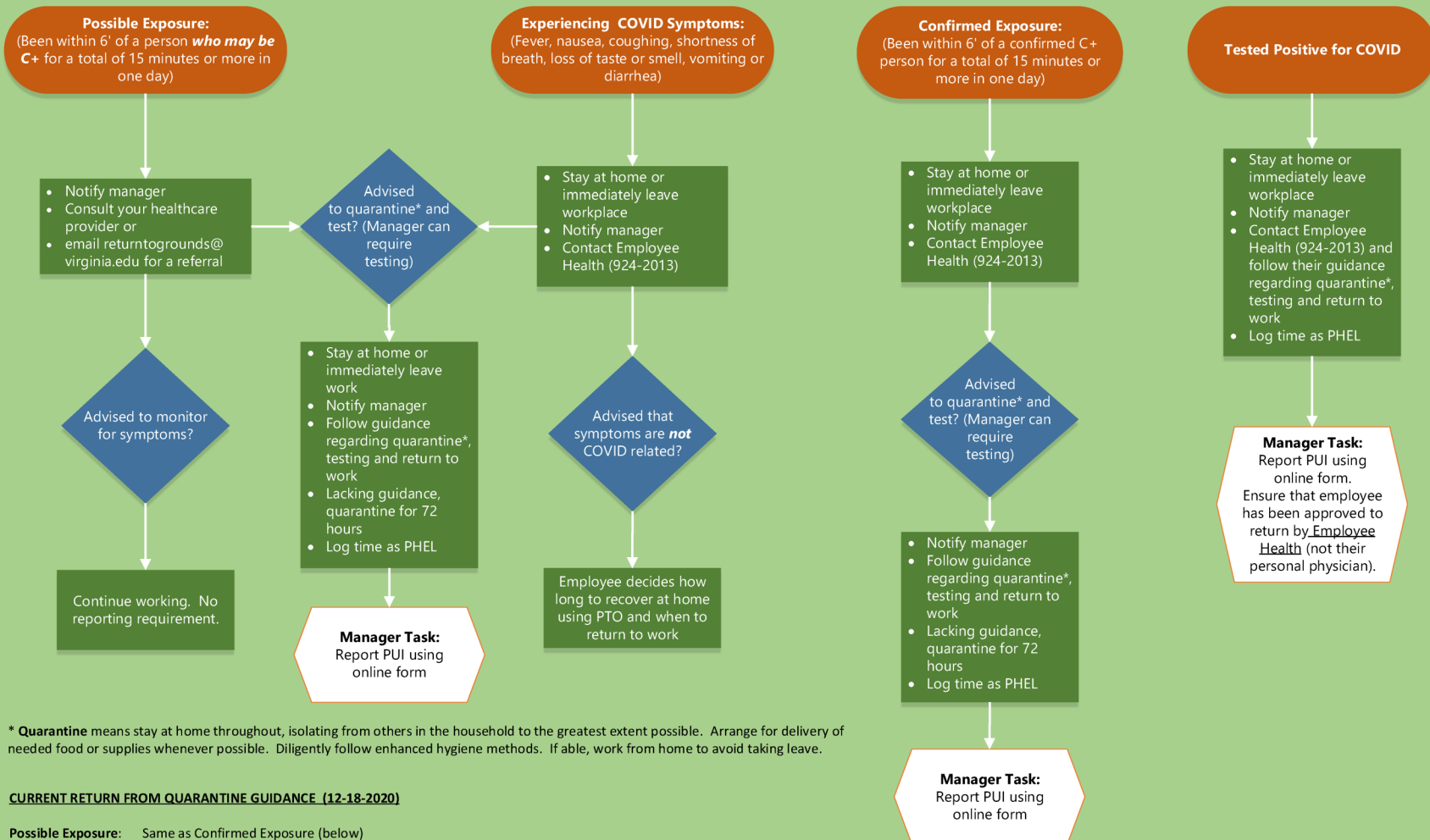
### 3. Returning to work:

- a. **A COVID-19 positive** employee may only return to work when cleared by Employee Health, regardless of where they received their test.
- b. An employee identified as at high risk of exposure may return to work once they receive:
  - i. A **NEGATIVE COVID-19 test result**, and call from VDH clearing them to return prior to 72 hours out of the office.

OR

- ii. A **NEGATIVE COVID-19 test result** and 72 hours passed since leaving work.

## COVID-19 RESPONSE CHART



\* **Quarantine** means stay at home throughout, isolating from others in the household to the greatest extent possible. Arrange for delivery of needed food or supplies whenever possible. Diligently follow enhanced hygiene methods. If able, work from home to avoid taking leave.

### CURRENT RETURN FROM QUARANTINE GUIDANCE (12-18-2020)

**Possible Exposure:** Same as Confirmed Exposure (below)

**Symptoms:** No symptoms for 72 hours (without medications)

**Confirmed Exposure:** Negative COVID test w/ VDH approval to return prior to 72 hours from leaving work, or  
Negative COVID test and 72 hours have passed since leaving work

**Positive for COVID:** Must be cleared for return by Employee Health

**Note:** CDC's release from quarantine guidance is:  
A. 14 days of isolation, or  
B. 7 days of isolation w/ no symptoms, plus a negative test taken 48 hours prior to release, or  
C. 10 days of isolation without symptoms

Special thanks to Mike Merriam for creating this guide.



# ABOUT FACE COVERINGS

UVA Facilities Management

Occupational Programs

## ALL ABOUT FACE COVERINGS

Per UVA's [Policy SEC-045](#), Facilities Management is now requiring face coverings to be worn at all times, indoor and outdoor, unless working completely alone with no unscheduled visitors. [The CDC recommends](#) face coverings in any setting where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, essential worksites) especially in areas of significant community-based transmission.

**UPDATE 12/10/2020:** Face coverings shall not have exhalation valves or vents, which allow virus particles to escape, and shall not be made of material that makes it hard to breathe, such as vinyl. <https://bit.ly/3a31K7u>

The purpose of face coverings is to reduce the release of potentially infectious particles into the air when someone speaks, coughs, or sneezes. **Cloth face coverings are not a substitute for distancing, washing hands, and staying home when ill.**

Here are examples of the various types of face coverings that are being used to protect public health:



### N95 RESPIRATORS

**N95 masks are only to be used when required by your job and/or task.**

N95 users are required to go through special fit testing & training. Users are fit tested to their specific model of face covering. If you are unsure if your job requires an N95 OR you need training, contact your supervisor or FM-OHS@virginia.edu.

If you are unsure if your job requires an N95 OR you need training, contact your supervisor or

[FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu).



### DUST MASKS

These look like N95s but they may not have the proper certifications that N95s have (e.g. NIOSH certification). Dust masks are okay for voluntary use. They are typically sold in hardware stores for people who need protection from sawdust and other construction work. Dust masks are disposable.



### KN95

KN95 filtering facepiece respirators are certified under China's standards and are not cleared by the FDA or NIOSH. With worldwide supply shortages of N95s, more KN95 masks are starting to appear in this country. KN95 is not a substitute for an N95, but can be used to prevent spread of the virus.



### NEOPRENE FACE COVERS

The material is thick and can prevent the spread of droplets from the mouth and nose, depending on mask design. Neoprene fabrics are washable and reusable. Masks should be washed before reuse.



### SURGICAL MASKS & CLOTH FACE COVERS

These masks do not filter out particles to the extent that N95 and KN95 masks do. They will contain droplets and spittle from the mouth and nose of the wearer, protecting those around the wearer.



### BANDANAS & NECK GAITERS

Cotton or synthetic materials are used to make these. The material is often thin for improved breathability, which means a decreased ability to contain droplets. Layering the fabric can help improve containment. Neck gaiters are made of stretchy synthetic fabric which makes them comfortable to wear. Cloth bandanas tied behind the head may be uncomfortable for extended wear. Bandanas and neck gaiters should be washed before reuse.

Source: <https://bit.ly/3cdBd5t>



# 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.



**January 15: National Hat Day**



**January 16: National Nothing Day**

**January 17: Ditch New Years Resolution Day**



**January 18: Martin Luther King, Jr. Day**

**January 19: National Popcorn Day**



**January 20: National Cheese Lovers Day**



**January 21: National Squirrel  
Appreciation Day**

**January 22: National Answer Your  
Cat's Questions Day**

