

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

3.5.2021

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- **What to do Before, During, and After Your Vaccine Appointment**
- **About COVID-19 Vaccine Types/ Brands**
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- **Read the latest article in "Still Determined" series: School Daze**
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- **Women's History Month**
- **Complete: FM's Inclusive Excellence Survey—Thank you!**



***and as always,
Reasons to Celebrate!***

OHS TRAINING OPPORTUNITIES

Are you up to date on your safety training? FM Occupational Health and Safety has pivoted to **offer many subjects over Zoom and continue to offer hands-on training** following all COVID-19 prevention protocols in person.

Email FM-OHS@virginia.edu to request a class for your employees.

See your group's training records here:

<https://at.virginia.edu/38cjhs1>

*This Tableau report is accessible by anyone with Tableau access: FM management and management staff.
Class info is added 5-7 days after a training is completed.*



FREE interactive safety training offered through North Carolina Department of Labor for anyone needing a refresher on a variety of courses. Live webinars include a Q&A session: <http://bit.ly/3ed91Uk>

OCCUPATIONAL HEALTH & SAFETY

Be safe while using your ladder!

DO:

- **Maintain 3 points of contact** (two hands and a foot, or two feet and a hand) when ascending or descending a ladder.
- **Face the ladder** when climbing up or down.
- **Keep your body inside the side rails.** (No leaning or overreaching!)
- **Use extra care when getting on or off the ladder** at the top or bottom. Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- **Carry tools in a tool belt** or raise tools up using a hand line. Never carry tools in your hands while climbing up/down ladder.
- **Extend the top of the ladder three feet above the landing.**
- **Keep ladders free of any slippery materials.**
- **Inspect ladders regularly.**

UVA FM Ladder inspection checklist: <https://at.virginia.edu/2VEylti>

Bernie says!



DON'T:

- Place a ladder on **boxes, barrels, or unstable or uneven bases.**
- Use a ladder on **soft ground or unstable footing.**
- **Exceed the ladder's maximum load or weight rating.**
- **Tie two ladders together** to make them longer.
- **Ignore overhead power lines.**
- **Move or shift a ladder with a person or equipment on the ladder.**
- **Lean beyond the ladder's side rails.**
- **Use an extension ladder horizontally** like a platform.

*If you have questions about ladders,
email FM-OHS@virginia.edu.*



The vaccine is here!



This is an important 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.

If you haven't made an appointment or started your vaccine through UVA, register at vaccinate.virginia.gov or call 877-829-4682



Learn More
about Vaccination in Virginia



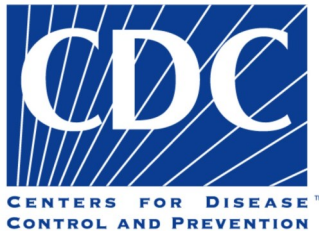
Sign up
for free COVID-19 vaccine
& check your pre-registration status.

Pre-Registration

Talk to someone
(877) VAX-IN-VA
(877) 829-4682



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 are receiving 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 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.

It is expected the vaccine will be available to everyone by late spring of this year.

WHAT TO DO:

BEFORE

your vaccine appointment:

- Wait at least **two weeks** between getting any other vaccination and getting a COVID-19 vaccine
- **Do not take anti-inflammatories** (ibuprofen, Tylenol) **before** your vaccine.
- **Dress in layers**—The vaccine goes in your upper arm. Wear a jacket that is easily removed over a sleeveless shirt or a shirt/sweater with a sleeve loose enough to roll up.
- **Bring an ID** with your name & date of birth
- **Don't arrive more than 10 minutes early.**

DURING

your vaccine appointment:

- At your first dose, you will receive a **vaccine card** with the name of the vaccine manufacturer, the vaccine lot number, the date and the location. **Do not lose this.**
- **Stay on site for about 15 minutes after your vaccine dose** in case of any anaphylactic reaction (extremely rare).
- **Download the [v-safe app](#)** to track any side effects and report them to the CDC's Vaccine Adverse Event Reporting System.

After

your vaccine appointment:

You can take an anti-inflammatory to counteract any soreness or fever.

Source: <http://bit.ly/3qha2Nh>

COVID-19 Vaccines

Beginning March 5, 2021, the Blue Ridge Health District will offer three vaccines to protect against COVID-19. VDH does not recommend one brand of vaccine over another. Each has been proven to protect against serious illness, hospitalization, and death from COVID-19.

Remember: choose whichever vaccine you have access to first!

	JOHNSON & JOHNSON	PFIZER	MODERNA
TYPE OF VACCINE	Adenovirus Vector	mRNA	mRNA
HOW IT WORKS	Uses a type of virus that can't replicate, but carries information to cells about how to produce the coronavirus spike protein to cells, training the immune system to fight the virus.	Creates a protein that teaches the immune system to recognize the virus and fight against it.	Creates a protein that teaches the immune system to recognize the virus and fight against it.
EFFECTIVENESS	72% overall efficacy 14 days after only dose and 86% efficacy against severe disease, 100% effective at preventing hospitalization	95% overall efficacy 14 days after 2nd dose, and 100% effective at preventing hospitalization	94% overall efficacy 14 days after 2nd dose and 100% effective at preventing hospitalization
RECOMMENDED FOR	18 and older.	16 and older.	18 and older.
DOSES NEEDED	One shot.	Two shots, 21 days apart.	Two shots, 28 days apart.
COMMON SIDE EFFECTS	Fatigue, fever, headache, injection site pain, generally resolving within a day or two. Milder side effects than the Pfizer and Moderna vaccines. According to Johnson & Johnson No one suffered an allergic reaction in clinical trials.	Chills, headache, pain, tiredness, and/or redness and swelling at the injection site, generally resolving within a day or two. On rare occasions, mRNA can trigger an allergic reaction.	Chills, headache, pain, tiredness, and/or redness and swelling at the injection site, generally resolving within a day or two. On rare occasions, mRNA can trigger an allergic reaction.



Questions?

434-972-6261
BlueRidgeHD.org

UVA ACADEMIC COVID-19 QUARANTINE & RESPONSE GUIDELINES:

A summary of the updated quarantine/testing guidelines implemented on February 3, 2021 for UVA FM employees potentially exposed to a COVID-19+ case:

- Potentially exposed employees are identified.
- UVA FM OP will reach out via email to the affected employees, cc'ing their supervisors and UVA's COVID-19 Case Management Operations Team (CMOT), with instructions for a mandatory **10-day (from date of exposure) quarantine*** and testing directions:
 - The affected employee will be tested on day 5 (ideally at UVA Asymptomatic Testing Clinic with results returned day 6).
 - The affected employee will be tested again on day 9 (ideally at UVA Asymptomatic Testing Clinic with results returned day 10)
 - UVA's COVID-19 Case Management Team will reach out to the affected employee on day 9 to follow up & review their status.
 - With two negative tests, no symptoms, and no contact from the Virginia Department of Health, the affected employee can return to work on day 11.

For example:

An employee is exposed on **01/01/2021**. They would take a test on **01/06/2021** and **01/10/2021**. If these tests are negative, they do not have any symptoms, and they were not placed on a longer quarantine by VDH, they can return to work on **01/12/2021**. UVA's Case Management Team may also release the employee back to work early if they are determined to not be a close contact by the VDH.

- During quarantine, the Virginia Department of Health may reach out to the affected employee to determine their level of exposure. **Any instructions VDH gives the employee overrides previous instructions from UVA's COVID-19 Case Management Team or FM OP.**
- UVA's Case Management Team may release the employee back to work early if they are determined to not be a close contact by the VDH.
- **Failure by the employee to follow testing and quarantine instructions can lead to a longer quarantine and/or disciplinary action.**

** Employees who have completed their vaccine more than 2 weeks prior to exposure will receive slightly different quarantine instructions.*

DEFENSE AGAINST COVID-19:

Personal & Shared Responsibilities

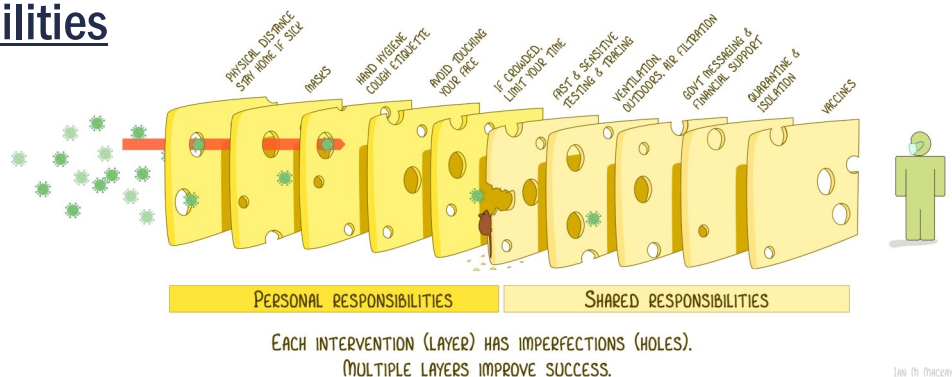
Thank you for your flexibility and patience as you work with your colleagues to defeat this virus!

Remember to:

- 1. Keep your distance (6 feet!)**
- 2. Wash your hands for 20 seconds.**
- 3. Wear your face cover.**

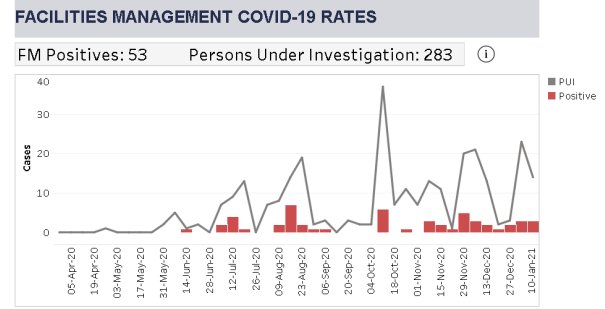
THE SWISS CHEESE RESPIRATORY VIRUS PANDEMIC DEFENCE

RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT AT PREVENTING SPREAD



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 a potential exposure will be asked by Facilities Management to quarantine for up to 10 days and seek testing at the 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.

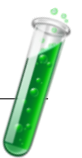
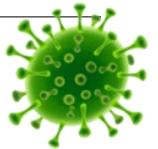
If you are not experiencing symptoms:

- **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.



COVID-19 CONTACT TRACING

UVA Facilities Management

Occupational Programs

NOTIFY YOUR CONTACTS

If you have COVID-19, it is important that you notify people you had close contact with while contagious.* This includes everyone who:

- Has been **within 6 feet of you for a total of 15 minutes or more** over a 24-hour period regardless of face cover use, or
- Has been **directly exposed to your respiratory droplets** (e.g., coughed or sneezed on, shared a glass/utensils, kissed, etc.), or
- **Lives with you, or**
- **You provide care for.**

**You are considered contagious starting 2 days before you became sick (or 2 days before your test if you never had symptoms) until you complete isolation.*

A sample message for your close contacts:

“Hi. I have been diagnosed with COVID-19 (or coronavirus). I’m reaching out because when we last met, you may have been exposed. Although most cases of COVID-19 will be mild, the Health Department recommends that you:

- **Stay home (quarantine) and monitor your health for 14 days** after we last interacted. Staying home for 14 days is the safest option. If you are not able to stay home for 14 days and you do not have symptoms, you may leave home after Day 10 without testing or after Day 7 if a PCR or antigen test performed on or after Day 5 is negative.†
- **Contact your healthcare provider to ask about getting tested.** The best time to get tested is 5 days or more after your last exposure. Even if you test negative, you should stay home until at least 7 days after your exposure. You should also monitor your symptoms and be safe (e.g., wear a mask, stay at least 6 feet from others, wash hands often) for 14 days after your exposure. UVA employees can seek free testing at the Asymptomatic Testing Clinic: 434-243-9534.
- **Seek medical attention immediately if you have a medical emergency.** Emergency warning signs of COVID-19 include trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face.
- **Keep your distance from others** (at least 6 feet) including in your home if possible. Do not share items with others. Use a separate bedroom and bathroom, if possible.
- **Wear a cloth face covering** when around others.
- **Wash your hands often with soap and water** for at least 20 seconds or use an alcohol-based hand-sanitizer.
- **Clean and disinfect high-touch surfaces** at least daily (e.g., doorknobs, light switches, phones, remote controls, etc.).
- **Answer the call.** Your local health department will attempt to contact you with more recommendations. If the number of COVID-19 cases is high in your area, the health department may not be able to call you.
- **If you test positive for COVID-19, please notify your local health department and your close contacts.** Your close contacts will need to receive all the same guidance I am providing you today.

† These are **VDH guidelines**. Initial quarantine instructions for UVA FM employees will come from FM-OP and may be slightly different.

WHO ARE YOUR CONTACTS?

First day of symptoms (or if never had symptoms; day tested positive for COVID-19): _____

Subtract two days: _____
(This is the start of your contagious period.)


List your close contacts (defined above) during your contagious period:

OCCUPATIONAL TRAINING

Zoom Tip of the Week: Providing nonverbal feedback during meetings

Zoom etiquette usually includes having yourself on mute until you need to speak, but reactions are a way to participate directly in conversation without having to unmute yourself or risk cutting off the current speaker.

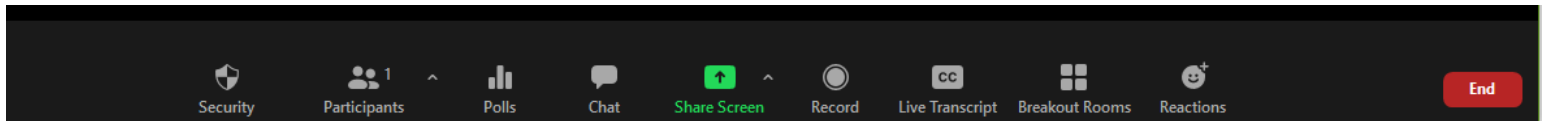
To provide nonverbal feedback to the host of the meeting:

1. Join a Zoom meeting as a participant.
2. Click the Reactions button. 
3. Click one of the icons to provide feedback to the host. Click the icon again to remove it.
 - ◇ Clapping Hands
 - ◇ Thumbs up
 - ◇ Heart
 - ◇ Tears of Joy
 - ◇ Open Mouth
 - ◇ Party Popper (Tada, Celebration)
 - ◇ Yes
 - ◇ No
 - ◇ Slower
 - ◇ Faster
 - ◇ Raise Hand / Lower Hand

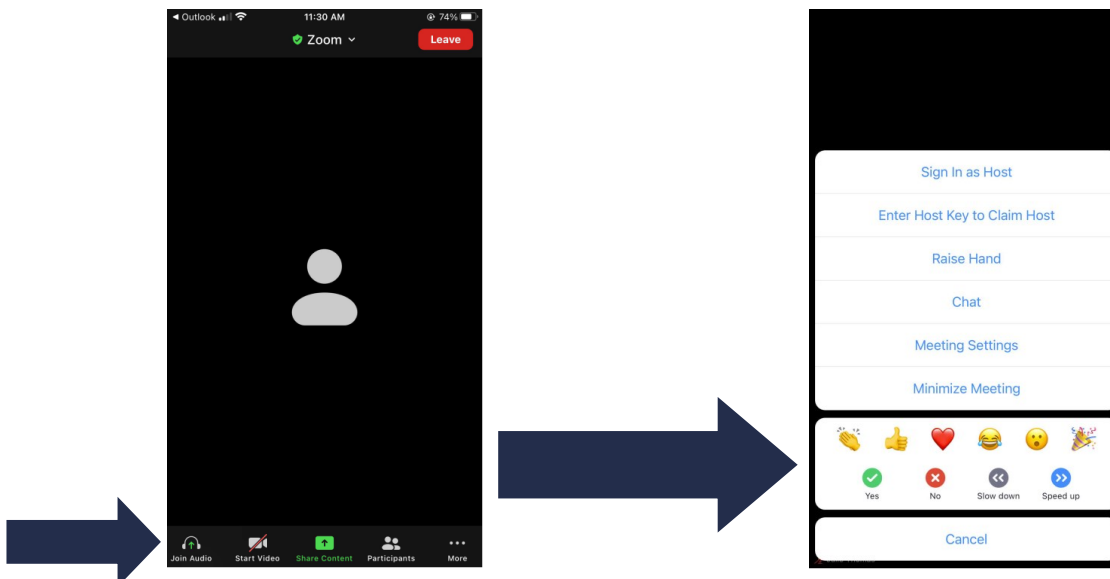


How to find your reactions options:

On desktop: click “Reactions”



On iOS/iPhone: You may have to tap your screen to get the ribbon options to show.



DIVERSITY, EQUITY & INCLUSION

The Jefferson School African American Heritage Center hosts first Liberation and Freedom Days Reparations Run/Walk—Last day is March 6!

Organizers hope to raise \$45,000 to be divided equally to support 101.3 Jamz, African American Teaching Fellows, Albemarle Charlottesville NAACP's Youth Council, Jefferson School African American Heritage Center's teacher training program, The Vinegar Hill Black business advertising fund, and We Code Too.

Find out more here: <https://runsignup.com/Race/VA/Charlottesville/LiberationandFreedomDaysReparation6mileRunWalk>



Read the latest article in "Still Determined" series: School Daze

The Charlottesville Inclusive Media Project and journalist Samantha Willis revisit the previous Determined series and embark on a community storytelling project "Still Determined" to contextualize and explore the immediate impacts and long-term effects of the COVID-19 pandemic on the Central Virginia community. This multimodal storytelling project employs art by Sahara Clemons, photography by Lorenzo Dickerson, and journalism to explore the realities of the pandemic, highlight stories of resilience and struggle, and examine the possibilities and difficulties of building a stronger and more inclusive community.



Read it here: <https://vinegarhillmagazine.com/still-determined-school-daze/>

VOLUNTEER OPPORTUNITY: Charlottesville City Schools is in immediate need of help with student meal distribution

As CCS returns to in person instruction, some of the staff who have been consistently supporting meal deliveries have returned full time to the schools leaving many vacancies of support. You can use your **paid volunteer hours** to participate!



CULTIVATE
CHARLOTTESVILLE

Please consider signing up to volunteer HERE: <http://bit.ly/2NQKdGY>

Any child, high school and younger, can receive a meal. There is no need to check IDs

Thank you for supporting our city schools and students!

More from FM Diversity, Equity & Inclusion >>>

DIVERSITY, EQUITY & INCLUSION (CONTINUED)

March is Women's History Month

[Click here to learn more about this month](#), online exhibits and additional resources including:

The Women of Four Wars

The limited but important roles women played in Korea and Vietnam paved the path to more expanded -- and in some cases more dangerous -- specialties in recent wars.

[Find out more about women in the military »](#)

Image credit: Color digital image of Lee Lane in uniform sitting in the cockpit doorway of a helicopter (Library of Congress)



National Park Service Celebrates Women's History Month

More than 100 years after the milestone passage of the 19th Amendment legally protecting women's right to vote, women continue to be trailblazers, pioneers, innovators, and leaders in their fields. Explore women's history in national parks and places in communities across the country and learn how women are leaders in stewardship and conservation of America's natural and cultural treasures today.

[Women's History at America's National Parks »](#)

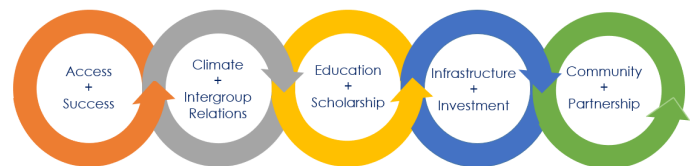
Image credit: Rosie Rally, Luther Bailey, Photographer. 2016. Courtesy National Park Service.



[<https://womenshistorymonth.gov/>]

Inclusive Excellence Survey: Complete!

Thank you to everyone who took the time to take the survey and make your voice heard. Special thanks to the IE team members who facilitated survey sessions. **More than 890 responses were received!**



The DEI team is reviewing the data and will have it posted for everyone later this month.

Contact Emily Douglas if you have questions: EM4HG@virginia.edu



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

March 5: National Cheese Doodle Day

March 6: National Frozen Food Day

March 7: National Cereal Day

March 8: International Women's Day

March 9: National Meatball Day

March 10: National No Smoking Day

March 11: National PROMposal Day

March 12: Alfred Hitchcock Day