

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

04.16.2021

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

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## **COVID-19 VACCINE ELIGIBILITY EXPANDS**

On April 12, the Blue Ridge Health District (BRHD) entered Phase 2 of the commonwealth's vaccine distribution plan, which means that everyone 16 and older, including **University faculty, staff, student employees, and contractors are now eligible.**

Learn more about local vaccination efforts: <https://www.vdh.virginia.gov/blue-ridge/covid-19-vaccination/>

## DIVERSITY, EQUITY & INCLUSION

### Watch: What is Ramadan?



What is Ramadan?

Ramadan began the evening of April 12th and will end the evening of May 12th. The festival involves a month of fasting - believers taking part will not eat or drink anything during daylight hours - and prayer.

Watch this video to learn more: <https://www.youtube.com/watch?v=5pvmUoYNbmU>

### ONE VIRGINIA

Governor Ralph Northam has unveiled ONE Virginia, a first-in-the-nation statewide strategic plan to advance visible diversity, equity, and inclusion across state government. ONE Virginia is based on the Inclusive Excellence Framework that UVA adopted in 2020 and is the same framework that we have incorporated at FM and completed our survey for this past February ([survey results are here](#)).

Learn more about the framework for Virginia:

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

See the One Virginia Plan: <https://at.virginia.edu/fsKT73>



### Universities, the Enslaved, and Repairing Damage

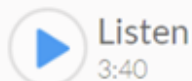
Five universities that can trace their roots to before the Civil War may be required to make reparations to the communities affected by slavery if Governor Northam signs a bill into law.

Learn more here: <https://at.virginia.edu/B50pdk>



*The only enslaved person known to have been directly purchased by the University of Virginia, Lewis Commodore, worked ringing the bell in the Rotunda.*

CREDIT UNIVERSITY OF VIRGINIA



Listen by clicking here or the image above:

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

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

## **DIVERSITY, EQUITY & INCLUSION (CONTINUED)**

### **Get an Appointment for the Covid-19 Vaccine!**

If you need help scheduling an appointment for the vaccine, please visit one of the locations below. Laptops are available for you to use to schedule a vaccine appointment and FM DEI Specialist Emily Douglas ([em4hg@virginia.edu](mailto:em4hg@virginia.edu), 434-906-5810) is present to assist and answer any questions.

**Wilsdorf Hall Room 200:**

April 29th, 9:30-11:30am

**Newcomb Hall Room 389:**

April 27th, 9:30-11:30am

**Skipwith Lower-Level Conference Room 010:**

April 23, 2-4pm

**As a reminder: No sign-up is required to attend these registration events.** Each event will feature four physically distanced computer stations set up for employees to access the Virginia Department of Health vaccine registration site. Emily Douglas, FM DEI Specialist will be present to answer any questions, assist with tech issues and offer translation services. Any private health information you submit via the registration will remain protected. If all computer stations are occupied, we ask that you remain outside of the room at a 6' distance from others until a station becomes available. All participants are required to wear a mask. Computer cleaning wipes and surface wipes will be available for each participant to sanitize the area when they have finished registration.

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### **Navigating The Derek Chauvin Trial For The Murder Of George Floyd**

Join experts from UVA's Frank Batten School of Leadership and Public Policy, the UVA School of Law and the University Police Department for a four-part series examining Derek Chauvin's ongoing trial for the death of George Floyd, a Black man accused of using a counterfeit \$20 bill at a convenience store on May 25, 2020. Floyd was pronounced dead shortly after then-Officer Chauvin knelt on his neck for 9 minutes and 29 seconds during an arrest that appeared otherwise non-violent. During the ongoing trial, witnesses have described their own trauma from being present at the scene and feeling powerless to intervene or help in any way.

This series is co-sponsored by the Batten School, the UVA Law Center for Criminal Justice and the University Police Department. All events are free and open to the public.

See the events here: <https://at.virginia.edu/YEqK3h>

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### **Volunteering: COVID-19 and other Considerations**

UVA provides up to 16 hours paid Public Service Leave per calendar year for approved absences to attend school functions or perform volunteer work for an eligible service organization. During the COVID-19 pandemic, **employees are encouraged to look for volunteer options that allow for appropriate physical distancing and to continue their at-work COVID-19 protocols while volunteering to ensure your colleagues remain safe.**

## OCCUPATIONAL HEALTH & SAFETY

### OHS TRAINING UPDATE: ASBESTOS AWARENESS

Marlin Phillips of UVA EHS and longtime Asbestos Awareness trainer for many at UVA FM will be retiring on April 23, 2021. Please join FM-OHS in wishing him the happiest of retirements!



Going forward, questions about asbestos should go to UVA EHS's Andy Richmond: 434-981-9474, [asr6nt@virginia.edu](mailto:asr6nt@virginia.edu). UVA FM-OHS will continue to coordinate Asbestos Awareness training for FM employees.

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

Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) to request a class for your employees.

See your group's training records: <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.*

This link can also be found on the **OHS Training** page: <http://bit.ly/FMOHSTraining>

### SAFETY COMMITTEE UPDATE: C&RS SAFETY COMMITTEE



Jamie Watkins is the onsite Safety Coordinator for C&RS and aids the entire CC&R organization by supporting all C&RS project sites, safety practices and championing ongoing needs for improvements. Jamie is trained as a mason and also serves as one of FM's certified Scaffold Safety Instructors.

OHS is proud to announce that going forward Jamie will also be the safety representative to the C&RS Safety Committee.

Reach out to Jamie if you have any needs related to C&RS health and safety:  
434-872-3266 or [jwh2t@virginia.edu](mailto:jwh2t@virginia.edu)

### FALL PROTECTION REMINDER: Annual Inspections Due!

**Log your annual inspection of your fall protection equipment by a competent person.**

Reach out to OHS with any questions or concerns: [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)



## OCCUPATIONAL HEALTH & SAFETY

### Protect Your Muscles

Before you do any physical work, it is important to warm up and stretch your muscles.

Doing the following stretches will aid in the prevention of musculoskeletal injuries:

***Bernie says!***



**SQUAT**

Repeat slowly 10 times.



**NECK STRETCH**

Hold for five seconds on each side.



**TOP OF FOREARM**

Hold for five seconds.



**UNDERSIDE OF FOREARM**

Hold for five seconds.



**SHOULDER STRETCH**

Hold for five seconds on each side.



**SIDE STRETCH**

Hold for five seconds on each side.



**BACK TWIST STRETCH**

Hold for five seconds on each side.



**BACK EXTENSION STRETCH**

With hands on hips, arch your back, and look up at the ceiling. Hold for five seconds.



**FORWARD BEND STRETCH**

With knees slightly bent, bend forward with arms hanging. Hold for five seconds.



**QUADRICEPS STRETCH**

Hold for five seconds on each side.



**HAMSTRING STRETCH**

Hold for five seconds on each side.

*If you have questions or want to get a stretch and flex program started for your team, email us!*

[FM-OHS@virginia.edu](mailto: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 final 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](https://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

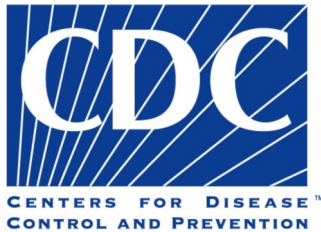
**Talk to someone**  
(877) VAX-IN-VA  
(877) 829-4682



## **Employees can use PHEL to receive their COVID-19 Vaccine.**

UVA's Public Health Emergency Leave (PHEL) is now approved for use if employees have to take time away from work to receive a COVID-19 vaccine (either dose). PHEL can be accessed under Occasional Time Off in the Work-day time off/absence request area. If time is needed to be entered in AiM, time can be charged to admin.

## **About the Vaccine & More Resources:**



FAQs, accurate information, and about the national vaccination program from the CDC:

<http://bit.ly/39vLLgi>



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 will move to phase 2 on April 18, meaning everyone 16 and older who lives or works in Virginia will be eligible to get the COVID-19 vaccine.

# How to Find a Vaccine Appointment



All UVA staff should have received an invitation by now to schedule a vaccine. If you have not had an opportunity to schedule an appointment call the UVA COVID Vaccine Call Center at 434-297-4829.

*If you have already been vaccinated or have an appointment, consider helping your friends, family, and neighbors get registered using the resources below.*

**Call your doctor/primary care provider** to indicate your interest in receiving the vaccine when it's available.

## **Register with:**

*These only need to be done once.*



- Virginia Department of Health: <https://vaccinate.virginia.gov/> OR call 877-829-4682
- Dr. B – a clearing house for last-minute vaccine appointments (a standby list for unused vaccines): <https://hidrb.com/signup> \*

## **Search daily through:**

- VaccineFinder: <https://vaccinefinder.org/> \*
- CVS & Target: <https://www.cvs.com/immunizations/covid-19-vaccine>
- Kroger: <https://www.kroger.com/i/coronavirus-update/vaccine>
- Walmart: <https://www.walmart.com/cp/1228302>
- Sam's Club: [https://www.samsclub.com/pharmacy?xid=hdr\\_subscriptions-services\\_pharmacy](https://www.samsclub.com/pharmacy?xid=hdr_subscriptions-services_pharmacy)
- Giant: <https://giantfood.com/pages/covid-info>
- BRHD's direct link to the VAMS appointment system: <https://register.vams.cdc.gov/?jurisdiction=BR> *Appointments may not be available right away, but Virginia's goal is that everyone who wants a vaccine will be able to get at least one dose by the end of May.*

**Retailers must follow state guidelines for vaccinations.** Most are more restrictive and are vaccinating only 1b & 1c at this time, but restrictions are expected to lessen as vaccines become more widely available.

**Plan to receive your second shot at the same place/retailer as you receive your first.** Vaccines are allocated assuming the individual will return for a second vaccine, so if you obtain the second vaccine at a different location you are in effect taking a "first dose" from someone that needs it.

**Beware of Scams!** Vaccine providers will never call, email, or text asking for your social security number or payment. You may be asked to provide ID and/or insurance/medical coverage info, but this is optional and the vaccination should be no charge.

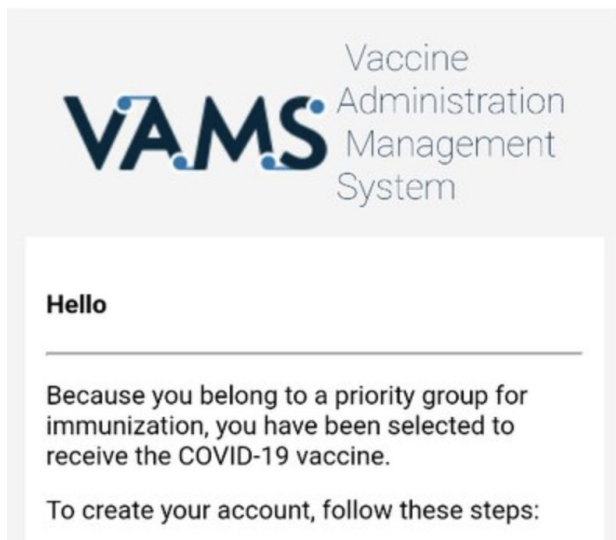
*\* Information here may be limited or incomplete as more providers and pharmacies are added in the coming days & weeks.*

## **Look Out for Your Appointment Invite**

All UVA FM employees who are eligible should have received an email from UVA Health with information about how to schedule an appointment.

Community members who have already registered for vaccinations through the Blue Ridge Health District or Vaccinate Virginia website may receive invitations from both the Blue Ridge Health District and UVA Health. **Take advantage of either invitation to be vaccinated at the first available opportunity.**

Examples of emails inviting you to make an appointment look like this:



This is sent from CDC, or  
[no-reply@envelope.mail.vams.cdc.gov](mailto:no-reply@envelope.mail.vams.cdc.gov)

You are now eligible to be vaccinated at the COVID Community Vaccination Center at Seminole Square, 393 Hillsdale Drive Charlottesville, VA. **An appointment is required.**

To schedule your first dose vaccination appointment, please click on the button below to begin.

[Schedule](#)

Please note: If your first dose was obtained elsewhere, UVA Health cannot provide a second dose. Please keep previously scheduled second dose appointments to ensure you receive your second dose within the recommended timeframe for the specific vaccine you received.

This is a personalized link and should not be shared with others. If you cannot immediately find an appointment that is convenient, you can check back later at the same link.

\*Please do not reply to this message. Replies to this message are routed to an unmonitored mailbox.

UVA Health System | 1215 Lee Street | Charlottesville, VA 22903

This is sent from [UVAHealthVaccination-ClinicDoNotReply@hscmail.mcc.virginia.edu](mailto:UVAHealthVaccination-ClinicDoNotReply@hscmail.mcc.virginia.edu)

Getting vaccinated as soon as you're eligible is the best way to stay safe from the virus and return us to the community of living, learning, and working together.

## **Beware of FAKES: N95 Respirators**

The increased need for N95 masks worldwide has led to an increase in fakes on the market. **Be aware and inspect each new N95 before use for being ill-fitting, misshapen, torn, or odd-smelling "3M" masks.** These fakes visually look just like the common 3M teal-colored, cup-shaped N95 respirator models, 1860 and 1860S (small). 3M has published several warnings about counterfeit masks, which, upon first examination, appear real.

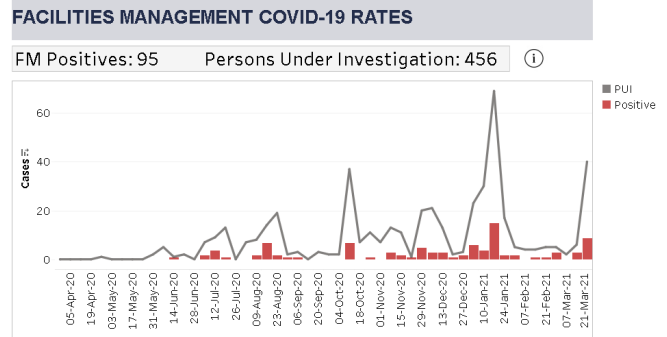
Read the full guide on detecting a fake N95s mask here: <https://at.virginia.edu/3UzpbQ>

***If you have a suspicious mask, alert your supervisor, inspect the rest of the masks in your inventory, and consider alerting your supplier of the suspicious product.***



## 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 use of 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 potentially exposed will be required to quarantine for up to 10 days and to seek testing at the UVA Asymptomatic Testing Clinic. This is to prevent possible asymptomatic spread of the virus that causes COVID-19. Employees will be released to return to work by the Employee Health, UVA Infection Prevention Control (IPC) or Virginia Department of Health.

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

Some FM groups are requiring weekly testing of employees to prevent the asymptomatic spread of the virus that causes COVID-19. If you are not part of these groups or would like additional testing:

**If you have 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 several on-Grounds locations: <https://besafe.virginia.edu/testing-sites-and-hours>

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



# 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.



**April 16: National Librarian Day**

**April 17: International Haiku Poetry Day** 

**April 18: National Velociraptor Awareness Day**

**April 19: National Garlic Day** 



**April 20: National Cheddar Fries Day** 

**April 21: Administrative Professionals Day**



**April 22: Earth Day**

**April 23: Day of Silence** 