

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

06.04.2021

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

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

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

- June is LGBTQ Pride Month
- The Pride of Rural Virginia: Virginia Rural Health Association
- Remembering Memorial Day
- The FM Diversity Committee is reading Caste together — Join us!
- From the Miller Center: White Supremacy on Trial

### **OCCUPATIONAL TRAINING**

- Current FM Job Openings
- Mindful Leadership Skills Training
- LinkedIn Learning: Communicating in Times of Change

### **APPRENTICESHIP**

- Applications are in! Interviews are starting soon.



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

### **OCCUPATIONAL HEALTH & SAFETY**

- Do you wear a respirator? If so how often, or when, should you change out your filters/cartridges?
- BERNIE SAYS: June is FM's Heat Stress Awareness Month
- Prevent Heat Illness At Work
- Proper Propane Tank Disposal
- Finding Full Dumpsters on Grounds? Report it!
- BY APPOINTMENT ONLY: Red Wing Shoe Truck Returns June 8!

### **COVID-19 RESOURCES**

- We are nearly there! Keep stopping the spread & schedule your vaccine!
- FREE COVID-19 Testing Resources for FM Employees
- About the Different Vaccines Available in the US
- Local Walk-In Vaccine Clinics

## **It's EASIER THAN EVER TO GET YOUR COVID-19 VACCINE!**



### **Make your plan today.**

Schedule your vaccine using any of the resources below:

- [Vaccines.gov](https://www.vaccines.gov)
- Blue Ridge Health District:  
<https://at.virginia.edu/MU5RI9>
- UVA Health: <https://at.virginia.edu/C0og39>

OR

Plan to visit a [walk-in clinic](#) (page 12).

Use your [PHEL](#) for any time away from work.

### **Need Help?**

**Call 877-829-4682**

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

Open Monday-Saturday,  
from 8 a.m. to 6 p.m.

## DIVERSITY, EQUITY & INCLUSION

### June is Pride Month

June is Pride Month, when the world's LGBT communities come together and celebrate the freedom to be themselves. LGBT is an acronym meaning lesbian, gay, bisexual and transgender. The term sometimes is extended to LGBTQ, or even LGBTQIA, to include queer, intersex and asexual groups. Queer is an umbrella term for non-straight people; intersex refers to those whose sex is not clearly defined because of genetic, hormonal or biological differences; and asexual describes those who don't experience sexual attraction. These terms may also include gender fluid people, or those whose gender identity shifts over time or depending on the situation.

- Learn more about Pride Month: <https://at.virginia.edu/Erwse8>
- LGBTQ Rights Milestones Fast Facts: <https://at.virginia.edu/Rzu73A>
- Charlottesville Pride Community Network, your connection to the LGBTQ+ community in Central Virginia: <http://cvillepride.org/>



### The Pride of Rural Virginia

The Pride of Rural Virginia is a grant-funded initiative to address LGBTQIA+ health & healthcare priorities in rural areas across Virginia. Join community members and health providers from around the state to learn more about “The Pride of Rural Virginia” project and how to attend a chat in your area!

#### **Virtual Kick-off Celebration**

June 12th, 2021

1 – 2:30 pm EST

**REGISTER:** <https://vrha.wildapricot.org/event-4276075>



### Remembering Memorial Day

We hope everyone had an enjoyable and thoughtful Memorial Day. We would like to honor the men and women who died while serving in the military. This solemn occasion is a time to reflect on these American patriots who made the ultimate sacrifice while protecting and defending the country they deeply loved.



There are several online exhibits at UVA Miller Center’s website that offer perspective on past wars, check them out on the next page!

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

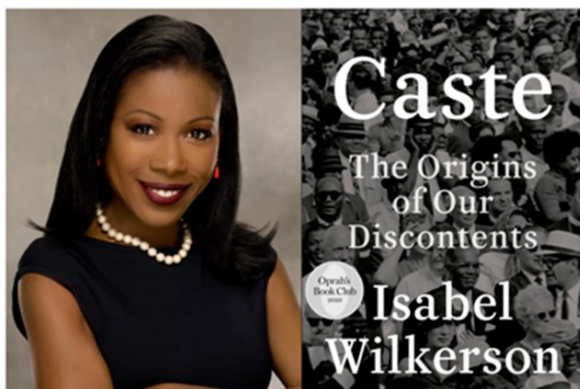
## DIVERSITY, EQUITY & INCLUSION

Continued from previous page: [Remembering Memorial Day](#)

- An eight-part series on the Vietnam War: <https://millercenter.org/vietnam>
- The sounds of Pearl Harbor: <https://millercenter.org/sounds-pearl-harbor>
- The sounds of D-Day: <https://millercenter.org/the-presidency/educational-resources/listen-sounds-d-day>
- The sounds and sights of V-J Day: <https://millercenter.org/the-presidency/educational-resources/sights-and-sounds-v-j-day>
- The presidency and endless war: <https://millercenter.org/issues-policy/foreign-policy/presidency-endless-war>

Memorial Day is an American holiday, observed on the last Monday of May, honoring those who died while serving in the U.S. military. Read eight things you may not have known about Memorial Day from History.com: <https://www.history.com/news/8-things-you-may-not-know-about-memorial-day>

### The FM Diversity Committee is reading *Caste* together – Join us!



Isabel Wilkerson is the author of the New York Times Bestseller "The Warmth of Other Suns." Her most recent work is called "Caste." COURTESY OF PENGUIN RANDOM HOUSE

Join the FM Diversity Committee in reading *Caste* by Isabel Wilkerson. Pick up your copy and let Rollie Zumbrunn, committee chair, know you would like to be a part of the conversation.

If you would like support in acquiring your copy of the book, please reach out to Rollie at [rz9t@virginia.edu](mailto:rz9t@virginia.edu).

### From the Miller Center: White Supremacy on Trial

Wednesday, June 16, 3:30 p.m.

Four years after the deadly attack on Charlottesville, a landmark federal lawsuit against those responsible is going to court. Integrity First for America is taking on the leaders of this violent movement, and IFA's Executive Director Amy Spitalnick and lead counsel Roberta Kaplan will discuss the suit with UVA Law's Risa Goluboff and Micah Schwartzman.



REGISTER: [https://virginia.zoom.us/webinar/register/WN\\_FOXP9iUFSx-UKaKrsJ0\\_rg](https://virginia.zoom.us/webinar/register/WN_FOXP9iUFSx-UKaKrsJ0_rg)



## Current FM Job Openings

*Opportunities within UVA FM as of June 1, 2021:*

- R0025028 HVAC Senior Assistant
- R0024632 BAS Project Coordinator
- R0024438 Trades Utilities Senior Worker
- R0024783 HVAC Mechanic
- R0024757 Instrumentation & Controls Technician
- R0024403 Electrical Engineer
- R0024455 Custodial Services Worker
- R0024087 Executive Assistant to the AV-P/CFO
- R0024318 Custodial Services Supervisor, Evening Shift
- R0024368 Computer Help Desk Tech (Student Wage)
- R0022628 Assistant Director for Regulatory Compliance
- R0024090 Energy and Sustainability Engineer
- R0022676 HVAC Mechanic Senior
- R0023447 HVAC Shift Mechanic, Central Grounds Zone
- R0022674 HVAC Mechanic
- R0022573 Trades Utility Senior Worker
- R0022940 Plumber
- R0022696 Construction Superintendent
- R0019932 Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- R0020254 Space Project Manager

## To Review/Apply

Current UVA employees should search and apply for jobs using their existing **Workday account**:

- Access Workday via Netbadge login: <https://bit.ly/2QhW1mt>
- Enter “Find Jobs” in the search bar to begin.
- Search the Find Jobs list by job title.

See UVA HR’s **How to Apply: for Internal Candidates**: <http://bit.ly/3ePAQ5s>

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

Questions on job listings should be directed to **AskHR@virginia.edu**

## OCCUPATIONAL TRAINING

### Mindful Leadership Skills Training

<https://hr.virginia.edu/wellness/emotional-well-being/mindfulness-resources/mindful-leadership-skills-training>

Hoos Well has partnered with the [UVA Mindfulness Center](#) and eMindful (the provider of eM Life, [UVA's online mindfulness platform](#)) to offer, at no cost to participants, a two-part Mindful Leadership Skills Training program to managers and leaders who are part of UVA Health, UVA Academic Division, University Physicians Group, and UVA's College at Wise

#### Two-part training:

- **Part One: Virtual, Introductory-level Mindful Leadership Program - (8) 45 minute webinars**  
**Goal:** Introduce mindfulness and its pertinence to well-being, team culture, performance, and UVA leadership competencies.
- **Part Two: Advanced Mindful Leadership Training course – (8) 2 hour sessions & a half-day retreat**  
**Goal:** Help participants further develop their mindful leadership skills by building on their prior mindfulness experience

Part One cohort will take place Thursdays from 12:00 – 12:45 pm and begins June 17, 2021.

Register: <https://vibe.emindful.com/programs/248>

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### Communicating in Times of Change

Leadership communication is never more important than during times of change. This course helps supervisors and mid-level managers come up with a communication strategy that helps make a change initiative successful regardless of whether they are the ones instigating the change. Join communication experts Tatiana Kolovou and Brenda Bailey-Hughes as they address the who, why, when, how, and what of change.

Join via Workday: <https://at.virginia.edu/hw3eEJ>

(log in with Netbadge)

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## APPRENTICESHIP

### APPLICATIONS ARE IN! INTERVIEWS ARE STARTING SOON

The Apprenticeship application for this year officially closed at midnight on May 31. Applications are now in review.

**Phone interviews** will begin the week of June 7. Four interviewers from across FM will be conducting these initial interviews to assess the applicants.

**In-person interviews** are projected to begin the week of June 21. A panel of six different interviewers will be conducting in person interviews.

**Onboarding of the latest apprentice class should start in August 2021.**

# OCCUPATIONAL HEALTH & SAFETY

## RESPIRATOR FAQs

**Do you wear a respirator? If so, how often or when should you change out your filters/cartridges?**

1. That will depend on two things:
  - A. How long you are exposed to the hazard (**DURATION**)
  - B. How strong the hazard is (**CONCENTRATION**)
2. It is possible to go through a filter in **one shift**
3. It is also possible for 1 filter to last **several weeks**

Another consideration is the **shelf life** of the filter

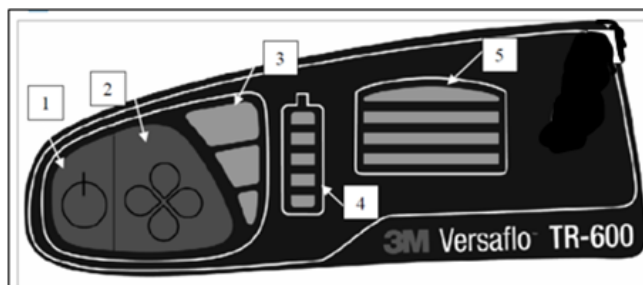
1. Most filters will have a **shelf life of around 5 years**
2. All filters should have a posted **expiration date** and possibly a **fabrication date** on the filter.

### NOTES:

- You should not use an expired filter even if it is brand new.
- If a filter does not have an expiration date, reach out to the manufacturer with its serial number and ask about the fabrication date or expiration date of the filter. Recently, all filters must have an expiration date. If they do not have this, they are very old filters/cartridges.

**Some indicators that a new filter is needed are:**

1. **Breathing becomes increasingly difficult:** This means that the filter itself is getting clogged, restricting airflow
2. **You start to smell air contaminants:** This means that the chemical capture/neutralizing capabilities of the filter are spent, allowing chemicals to pass through the filter
3. **The filter becomes dirty or saturated with contaminants,** liquids, etc. This affects the integrity of the filter media
4. If you are wearing a powered air-purifying respirator (PAPR) and the blower has a filter saturation indicator, the indicator will alarm you when the filter/cartridge is saturated.



1. On/Off button
2. Flow control button
3. Flow level/alarm indicator
4. Battery charge status level/alarm indicator
5. Filter loading/alarm indicator

**Bernie says!**



# **June is FM's Heat Stress Awareness Month**

Virginia has already had a couple days above 90 degrees! More than ever, it is **important to know the signs of heat-related illness**, especially as it appears face covers will be required into the summer months.



**Heat stress occurs when the body cannot get rid of excess heat.** When this happens, the body's core temperature rises and the heart rate increases. As the body continues to store heat, you can lose concentration and have difficulty focusing on a task. You may also become irritable or sick, and lose the desire to drink water. The next stage is most often fainting and even death if you are not properly cooled down.

Factors that contribute to heat stress are **high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, and strenuous physical activities.** These can be elevated by the extended use of a face cover.

- **Check the weather ahead of time** – If possible, do hard or high-temperature work first thing in the morning (before the hottest part of the day).
- **Know your limits** – Take regular, physically-distanced breaks in the shade or a cooled area.
- **Drink plenty of water.** In hot environments your body requires more water.
- **Keep shaded** from direct heat where possible (e.g., wear a hat in direct sunshine).
- **Use a comfortable face cover** – You may have to try several styles to see what works for you.
- **Keep an extra face cover handy** so you can swap out if one gets sweaty.
- **Never wet your face cover** to cool down.
- If it's safe to do so, **cool your forehead and neck with a damp cloth.**
- Ensure your worksite has **proper ventilation.**
- Recognize the **symptoms of heat-related illness.**

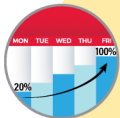




# Prevent Heat Illness at Work

**Outdoor** and **indoor** heat exposure can be dangerous.

## Ways to Protect Yourself and Others



### Ease into Work

**Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.**

- ✓ **New** and **returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



### Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



### Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



### Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



### Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



### Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



### If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

## First Aid for Heat Illness

**The following are signs of a medical emergency!**



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

**1**

» **CALL 911 IMMEDIATELY**

**2**

» **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

**3**

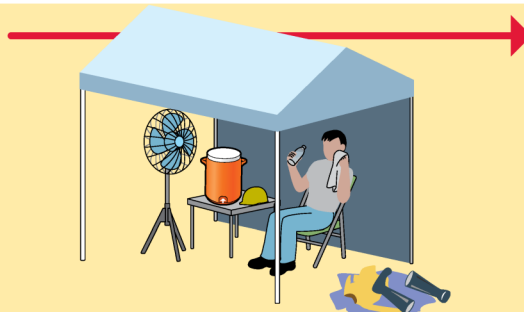
» **STAY WITH THE WORKER UNTIL HELP ARRIVES**



**Watch for any other signs of heat illness and act quickly. When in doubt, call 911.**

### If a worker experiences:

Headache or nausea  
Weakness or dizziness  
Heavy sweating or hot, dry skin  
Elevated body temperature  
Thirst  
Decreased urine output



### Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed



**OSHA**® Occupational Safety and Health Administration

**For more information: 1-800-321-OSHA (6742)**

**TTY 1-877-889-5627 [www.osha.gov/heat](http://www.osha.gov/heat)**

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See <https://www.osha.gov/workers> for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA 3401-05/01 2021



## OCCUPATIONAL HEALTH & SAFETY REMINDER: PROPANE TANK DISPOSAL



Propane tanks are never to be discarded or recycled through UVA Recycling.

If you have propane tanks or aerosol cans to be discarded or recycled, reach out to UVA Environmental Health and Safety (EHS) to schedule a waste pickup:

- Online: <https://researchcompliance.web.virginia.edu/wpr/> (Netbadge login required)
- By Phone: 434-982-4911

If you have questions about what can be recycled at UVA, contact Vic Martin, UVA FM Recycling Supervisor at [vem8n@virginia.edu](mailto:vem8n@virginia.edu) or 434-566-7020

## FINDING FULL DUMPSTERS ON GROUNDS? REPORT IT!

Call 434-982-5050 and leave a voicemail to report dumpsters that are at or near capacity.

Dorm areas have reduced or eliminated trash service due to students leaving. UVA FM can have someone service the area before it becomes a dangerous overflow issue.

## RED WING SHOE TRUCK

The Red Wing Shoe Truck is returning to Grounds on June 8!

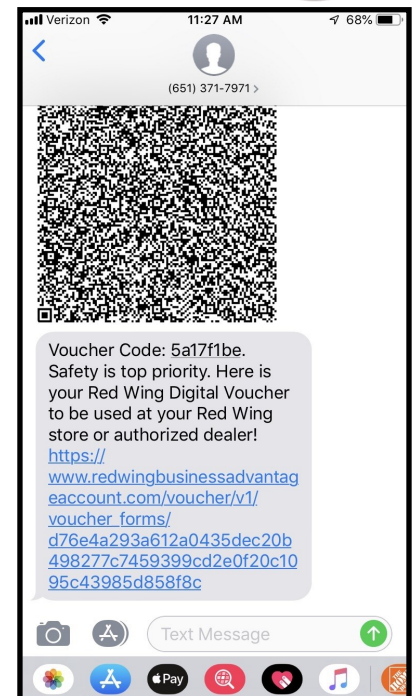


### UPDATES to the Shoe Truck Process:

- FM employees can visit the shoe truck by appointment ONLY. Book your time now for June 8: <https://redwingcharlottesville.com/uva>
- Only one FM employee at a time is allowed on the truck.
- Face covers are required at all times on the shoe truck and must cover your nose and mouth, regardless of vaccination status.

### Routine Reminders:

- Employees needing safety shoes need to submit a request via the online portal: <http://bit.ly/FM-PPE>
- If your shoe order is taking more than 10 days, email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) to follow up.
- Vouchers will be released weekly via email and text (if available).



View the latest updates to the shoe program online at <http://bit.ly/FM-PPE>

## OCCUPATIONAL HEALTH & SAFETY

### COVID-19: WE ARE NEARLY THERE!

#### What does this mean for you?

- Keep doing what you're doing — Wash your hands, keep your distance, don't report to work if you're sick, and wear your face cover if you are unvaccinated. (Vaccinated individuals are also still required to wear a face cover in some settings.) This is stopping the virus spread and keeping the cases dropping!
- Schedule your vaccine using any of the resources below:
  - [Vaccines.gov](https://www.vaccines.gov)
  - Blue Ridge Health District: <https://register.vams.cdc.gov/?jurisdiction=BR>
  - UVA Health: <https://myshot.healthsystem.virginia.edu/mychart/openscheduling?specialty=9&hidespecialtysection=1>
- Help your family members and friends get vaccinated using the links above. Vaccines are **FREE** and help protect you from the coronavirus. *The Pfizer vaccine has now been approved for individuals 12 and older.*
- UVA may continue restrictions for somewhat longer to ensure community cases remain low.

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

UVA will begin to require prevalence testing later this summer for employees who have not been vaccinated in order to prevent the asymptomatic spread of the virus that causes COVID-19. Some FM departments are already requiring this. *If you have already had COVID-19, you are exempt from testing for **90 days** after you have recovered.*

**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 the Student Activities Building, **by appointment ONLY:**
  - Make an appointment: <https://time2test.sites.virginia.edu/>  
(log in with Netbadge.)
  - See sites & hours: <https://besafe.virginia.edu/testing-sites-and-hours>

**If you think you have been exposed, but aren't having symptoms,** reach out to Employee Health for testing and/or guidance at 434-924-2013.

# COVID-19 VACCINES available for use in the United States

- There are **three COVID-19 vaccines** currently available for use in the United States. All three vaccines will greatly reduce your chances of getting COVID-19 and will ensure that if you do get the virus, you will have only mild symptoms or none at all.
- The **best vaccine for you is the one you can get first.**
- We are still learning how well the vaccines prevent the spread of COVID-19 and how long protection from the vaccine lasts. After you are vaccinated, it is important that you continue to wear a mask, watch your distance and wash your hands often until we can get more people vaccinated.



Vaccine Manufacturer	Pfizer-BioNTech	Moderna	Johnson & Johnson (Janssen)
<b>How it works</b>	Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.	Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.	Uses a virus (adenovirus) that can't replicate or harm the body to carry information to cells about how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.
<b>Who can get this vaccine?<sup>1</sup></b>	People <b>16 years</b> of age and older	People <b>18 years</b> of age and older	People <b>18 years</b> of age and older
<b>How many doses are needed?</b>	<b>Two doses</b> , ideally 21 days apart	<b>Two doses</b> , ideally 28 days apart	<b>One dose</b>
<b>When do I get my second dose?</b>	<b>21 days after the first dose</b>  The second dose can be given up to 4 days earlier than the recommended date or up to 42 days after the first dose and still be considered valid. <sup>2</sup>	<b>28 days after the first dose</b>  The second dose can be given up to 4 days earlier than the recommended date or up to 42 days after the first dose and still be considered valid. <sup>2</sup>	<b>Not applicable</b>
<b>When will I be fully protected?</b>	<b>14 days</b> after your second dose	<b>14 days</b> after your second dose	<b>14 days</b> after you get the vaccine
<b>Common side effects after vaccine</b>	<b>Injection site reactions:</b> pain, redness of the skin and swelling  <b>General side effects:</b> tiredness, headache, muscle pain, chills, joint pain, fever, nausea, swollen lymph nodes	<b>Injection site reactions:</b> pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling, and redness  <b>General side effects:</b> fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever	<b>Injection site reactions:</b> pain, redness of the skin and swelling  <b>General side effects:</b> headache, feeling very tired, muscle aches, nausea, and fever
<b>What to do if I don't feel well?</b>	Remember to sign up for <a href="#">v-safe</a> , where you can use your smartphone to tell CDC about any side effects after getting a COVID-19 vaccine.  To reduce pain and discomfort where you got the shot, apply a clean, cool, wet washcloth over the area and use or exercise your arm. To reduce discomfort from fever, drink plenty of fluids, dress lightly and rest. If you have persistent pain or other discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.  In most cases, discomfort from fever or arm pain or swelling where you got the shot will not last more than a few days after a COVID-19 vaccine dose. Contact your doctor or healthcare provider if the redness or tenderness where you got the shot increases after 24 hours or if your side effects are worrying you or do not seem to be going away after a few days.		



**VACCINATE  
VIRGINIA**

Learn more at [Vaccinate.Virginia.gov](https://www.vaccinatevirginia.gov) or call 1-877-VAX-IN-VA.

**Footnotes:**

1. Persons with a history of severe allergic reaction (e.g., anaphylaxis) or immediate allergic reaction to a previous dose of COVID-19 vaccine or who have a known (diagnosed) allergy to a component of a vaccine, should not get the vaccine. Talk to your healthcare provider to discuss your options.
2. If the second dose of a two-dose vaccine is administered outside of this timeframe, consult with your healthcare provider.



**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH



# COVID-19 VACCINE WALK-IN AVAILABILITY

June 2021



## Weekly Walk-ins

### JCPenney in Charlottesville (J&J, Moderna, Pfizer)

- 1639 Rio Rd E | 434.972.6261
- Mon. | 5:00PM-7:00PM
- Tues-Thur | 9:30AM-3:30PM



### Walmart in Charlottesville (J&J, Pfizer)

- 975 Hilton Heights Rd | 434.973.1412
- Sun. | 10AM-1:30PM, 2PM-6PM
- Tues. | 6AM-1:30PM, 2PM-7PM
- Mon/Wed/Thur/Fri/Sat | 9AM-1:30PM, 2PM-7PM



### Walmart in Ruckersville (J&J, Pfizer)

- 135 Stoneridge Dr N | 434.990.6013
- Sun. | 10AM-1:30PM, 2PM-6PM
- Tues. | 6AM-1:30PM, 2PM-7PM
- Mon/Wed/Thur/Fri/Sat | 9AM-1:30PM, 2PM-7PM

### Walmart in Zion Crossroads (Moderna, J&J, Pfizer)

- 164 Camp Creek Pkwy | 540.832.1259
- Sun. | 10AM-1:30PM, 2PM-6PM
- Tues. | 6AM-7PM
- Mon./Wed./Thur./Fri. | 9AM-7PM
- Sat. | 9AM-1:30PM, 2PM-7PM



### Sam's Club in Charlottesville (Moderna)

- 970 Hilton Heights Rd | 434.978.2122
- Mon.-Fri. | 9AM-1:30PM, 2PM-7PM
- Sat. | 9AM-1:30PM, 2PM-6PM

### Parkway Pharmacy in Crozet (J&J)

- 5771 The Square | 434.823.6337
- Mon./Tues./Thur./Fri. | 9AM-6PM



### Your Scottsville Pharmacy (J&J, Moderna)

- 295B E Main St | 434.286.6009
- Mon.-Fri. | 10AM-5PM
- Sat. | CALL FOR AVAILABILITY

CALL  
BEFORE  
VISITING

### Top Notch Family Pharmacy in Charlottesville (J&J)

- 943 Preston Ave | 434.995.5595
- Mon./Fri. | 12PM-5:30PM

## SPECIAL EVENTS

**6/3 WILLIAM MONROE HIGH SCHOOL**  
Pfizer  
254 Monroe Dr  
10AM-12PM

**6/5 LOUISA NEW METAL GYM**  
Johnson & Johnson  
1015 Davis Hwy  
10AM-11AM

**6/16 LOUISA NEW METAL GYM**  
Pfizer  
1015 Davis Hwy  
10AM-2:30PM

**6/17 NELSON COMMUNITY CENTER**  
Moderna, Pfizer  
8445 Thomas Nelson Hwy  
10AM-2PM

**6/19 WILLIAM MONROE HIGH SCHOOL**  
J&J, Pfizer, Moderna  
254 Monroe Dr  
10AM-12PM

**6/26 MINERAL BAPTIST CHURCH**  
Johnson & Johnson  
51 Louisa Ave  
10AM-11AM

Questions about these events? Call our COVID-19 hotline.

**434.972.6261**

**[blueridgecovid.org](https://blueridgecovid.org)**





# 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.

**June 4: National Hug Your Cat Day** 🐱  
*Good luck!*

🌍 **June 5: World Environment Day**

**June 6: National Cancer Survivors Day**

**June 7: National Chocolate Ice Cream Day**

👬 **June 8: National Best Friends Day**

**June 9: National Donald Duck Day** 🦆

🥤 **June 10: National Iced Tea Day**

**June 11: National German Chocolate Cake  
Day**