

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

08.20.2021

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- Welcome the incoming class of apprentices on August 30!

Happening Now



OCCUPATIONAL HEALTH & SAFETY

BEE AWARE: NON-WORK RELATED HEARING LOSS

People often encounter loud noises away from work. Loud noises anywhere can contribute to hearing loss.

- *Keep in mind that if you are exposed to loud noises your inner ear hair cells need time to rest and bounce back.*
- *If you expose yourself to loud noise at home it adds to your total noise exposure for the day.*



Exposure to loud noise comes from everyday activities in your homes and communities:

Everyday Activities

- Music from smartphones and personal listening devices, particularly when the volume is set close to the maximum
- Music from home or car sound systems
- Fitness classes
- Children's toys

Events

- Concerts, restaurants, and bars
- Sporting events, such as football, hockey, and soccer games
- Motorized sporting events, such as monster truck shows, stock car or road races, and snowmobiling
- Movie theaters

Tools and More

- Power tools: Drills, saws, air compressor, etc.
- Gas-powered lawnmowers, leaf blowers, and weed whackers
- Sirens
- Firearms: Recreation and hunting



Learn more about Common Sources of
Noise and Decibel Levels >>>>

OCCUPATIONAL HEALTH & SAFETY

COMMON SOURCES OF NOISE AND THEIR DECIBEL LEVELS

Sounds and Noises		
Everyday Sounds and Noises	Average Sound Level (measured in decibels)	Typical Response (after routine or repeated exposure)
Softest sound that can be heard	0	Sounds at these dB levels typically don't cause any hearing damage.
Normal breathing	10	
Ticking watch	20	
Soft whisper	30	
Refrigerator hum	40	
Normal conversation, air conditioner	60	
Washing machine, dishwasher	70	You may feel annoyed by the noise
City traffic (inside the car)	80-85	You may feel very annoyed
Gas-powered lawnmowers and leaf blowers	80-85	Damage to hearing possible after 2 hours of exposure
Motorcycle	95	Damage to hearing possible after about 50 minutes of exposure
Approaching subway train, car horn at 16 feet (5 meters), and sporting events (such as hockey playoffs and football games)	100	Hearing loss possible after 15 minutes
The maximum volume level for personal listening devices; a very loud radio, stereo, or television; and loud entertainment venues (such as nightclubs, bars, and rock concerts)	105-110	Hearing loss possible in less than 5 minutes
Shouting or barking in the ear	110	Hearing loss possible in less than 2 minutes
Standing beside or near sirens	120	Pain and ear injury
Firecrackers	140-150	Pain and ear injury

Source: https://www.cdc.gov/nceh/hearing_loss/what_noises_cause_hearing_loss.html

WORK SAFELY!

FM Occupational Health and Safety is here to support you and a safe working environment.

If you have any questions or concerns related to health and safety at work, speak with your supervisor, **Safety Committee representative, someone from OHS**, or submit a **near miss report**.

SPEAK UP!

SAY NO TO

UNSAFE WORK PRACTICES

NOTIFY YOUR SUPERVISOR, FILL OUT A NEAR MISS FORM OR CALL FM-OHS AT 434-297-6379



OCCUPATIONAL HEALTH & SAFETY

TRAINING UPDATE: OCCUPATIONAL HEALTH & SAFETY

Thank you to everyone who has made and continues to make adjustments with us as we navigate COVID-19 and the hurdles it throws at us and how we deliver safety trainings.

- **OHS is delivering safety trainings in a variety of platforms** (virtual, in-person, hands-on, and demos, etc.) to meet the needs of Facilities Management.
- **Although many OHS safety training sessions require in-person, hands-on learning, OHS continues to partner with Occupational Training in developing more digital sessions, where possible, to be more easily accessible & convenient.**

Supervisors – What to look for, What to know, What to do:

- **Be familiar with the Tableau tool & look for your shop's and team's [training records in Tableau: https://at.virginia.edu/6A0BN2](https://at.virginia.edu/6A0BN2)** Does everyone have what they need? Is everyone up to date?
- **Look for calendar invites & email notifications with training assignments for your employees.** Supervisors are always copied. Be on the lookout for training assignments in Workday Learning.
- **Know what training is required for your employee's job responsibilities & know OHS is able to provide training at any time.** Email FM-OHS@virginia.edu to request training.
- **Know that OHS is available to review & assess your training needs, answer questions, and provide guidance.**
- **Supervisors are responsible for their team's training responsibilities and commitment to training assignments.**
- **Supervisors should be familiar with ZOOM & Workday Learning access & be able to assist employees who may not be familiar with the technology, access, & navigation on these platforms.**
- **Supervisors should always provide access, adequate time, space, and equipment so employees are able to participate in their assigned training sessions.**
- **Make sure you or your employees are communicating their attendance well ahead of an in-person class by responding to the calendar invite; and make sure employees are attending their assigned sessions the day-of.**
- **Make sure your team is completing digital assignments in Workday by the deadline noted.**

Please reach out to fm-ohs@virginia.edu with questions & training requests, as we are available to conduct training in a variety of methods.

SEE IT. STOMP IT. REPORT IT: SPOTTED LANTERNFLY

An invasive insect called the Spotted Lanternfly has been discovered in Albemarle County along the Rivanna River. The Spotted Lanternfly is an agricultural pest that attacks over 70 species of trees and is a significant threat to vineyards and orchards.



"Early detection is really important – the sooner we can identify new locations, the sooner we can enlist professionals to trap and control the insects, and hopefully contain the outbreak." said Albemarle County Natural Resources Manager Kim Biasioli.

Learn more: <https://at.virginia.edu/fhA4Nr>

Report one: <https://at.virginia.edu/LFQAz1>

OCCUPATIONAL HEALTH & SAFETY (CONTINUED)

Bernie says!

Choose the Correct Sign for Your Application



Mandatory Signs

These signs specify that an instruction must be carried out. Symbols (or "pictograms") are depicted in white on a blue circular background. Sign wording, if necessary, is in black lettering on a white background.



Prohibition Signs

Signs that specify behaviour or actions which are not permitted. The annulus and slash should be depicted in red over the action symbol in black. Sign wording, if necessary, is in black lettering on a white background.



Warning Signs

To warn of hazards or a hazardous condition that is not likely to be life-threatening. The hazard symbol should be black on a yellow background and a triangle should be depicted around the hazard symbol. Sign wording, if necessary, is in black lettering on a yellow background.



Fire Signs

Advise the location of fire alarms and fire fighting equipment. They contain a white symbol and/or text on a red background.



Emergency Information Signs

Indicate the location of, or directions to emergency related facilities (exits, first aid, safety equipment, etc). These signs feature a white symbol and/or text on a green background.



Danger Signs

For warning when a hazard or a hazardous condition is likely to be life-threatening. The word "Danger" is featured inside a red oval inside a black rectangle.



General Information Signs

They communicate information of a general nature and often refer to Housekeeping, Company Practices and Logistics.

Email FM-OHS@virginia.edu if you need help determining signage needs for your area.

SCHOOL IS IN: BEE AWARE!

UVA students have begun returning to Grounds to begin in-person classes. During the academic semesters, FM practice is to avoid routine vehicular and utility vehicle traffic on McCormick Rd between 9:30am-2:30pm when possible. In the event of an emergency, vehicular and utility vehicle traffic is permissible. Additionally, when travel on McCormick Rd is required for non-emergency business use, **avoid travel during class changes** (e.g. service call to a Central Grounds building).

DON'T DRIVE DROWSY!

Fatigued or drowsy driving is dangerous. Being awake for 18 hours is like having a blood alcohol level of .08 percent and leaves you at equal risk for a crash. These tips will help prevent drowsy driving from putting you and others at risk.

- **Get enough sleep:** Stay well-rested and alert by getting 7-9 hours of sleep regularly .
- **Maintain good health:** Discuss sleep issues with a medical professional.
- **Know the signs of fatigue:** Frequent yawning, Heavy eyelids, Drifting from your lane, Forgetting last few miles
- **Use stop-work authority if it is unsafe to continue driving** If you are experiencing drowsiness that is preventing you from driving safely, stop. Say something if you believe a coworker may be fatigued as well.

DIVERSITY, EQUITY & INCLUSION

INTRODUCING the UVA Employee Assistance Fund

UVA employees within the Academic Division and the College at Wise can submit a request for funding from the EAF for help meeting unexpected, one-time basic needs, such as those related to housing, utilities, food, and transportation. These requests can be easily submitted through Workday.

To submit a grant application for the UVA Employee Assistance Fund, you should:

1. **Log into Workday:**
<https://at.virginia.edu/UVAWorkday>
2. **Enter 'Create Request'** in the search feature
3. Select the **Request Type 'Employee Assistance Fund'**
4. **Complete all fields**
5. **Attach documents** that confirm proof of need
6. Click **Submit**



For details, tips, and step-by-step instructions, see the Job Aid from UVA HR: <https://at.virginia.edu/H07nff>

- **The UVA Community Resources Specialist** will work with you to ensure there are no other potential sources of support available to you.
- **All applications are confidential** and will only be shared with individuals directly involved in award administration, processing, and tax reporting.
- **Applications will be reviewed by the Employee Assistance Fund Review Committee.** Award decisions are final and will be communicated directly to the applicant.

If you would like to support colleagues in need, you can make a donation through [Workday](#) on a one-time or recurring basis. External donations from non-employees can be submitted through [the program website](#).

Learn more: <https://at.virginia.edu/tBv9ZV>

UVA Accessibility Maps

Facilities Management's Geospatial Engineering Services provides [accessibility maps](#) that can be utilized when planning your traveling across Grounds. As Melvin Mallory, ADA Coordinator in the Office for Equal Opportunity and Civil Rights states, "The ADA Coordinator team also shares the link with individuals who contact us about routes to various events around Grounds. When we share



the map, we do make it clear that barrier free routes are not necessarily ADA accessible routes. Barrier free simply means there are no steps/stairs." See more: <https://at.virginia.edu/QZJzda>

More from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION (CONTINUED)

UVA establishes permanent presence off Grounds to partner with the community

The new Center for Community Partnerships at UVA will serve as both a front door to the University for community members and a collaborative space for UVA's existing community efforts. Read more: <https://news.virginia.edu/content/uva-opens-community-partnerships-office-downtown>

This supports the expanded title given to Kevin McDonald, VP for Diversity, Equity, Inclusion and *Community Partnerships*.

McDonald, who joined the University as vice president for Diversity, Equity and Inclusion in August 2019, will now serve as a connection point for a variety of community-based initiatives across Grounds and will work closely with the President's Council on UVA-Community Partnerships. Under the new structure, the following units will now have dotted-line connections to McDonald's office: Vice Provost for Academic Outreach, The Equity Center, and UVA Health's Office of Community Partnerships. Read more: <https://news.virginia.edu/content/university-expands-mcdonalds-role-include-community-partnerships>



CULTIVATE
CHARLOTTESVILLE

VOLUNTEER INFORMATION

CITY SCHOOLYARD GARDEN | URBAN AGRICULTURE COLLECTIVE | FOOD JUSTICE NETWORK

"Summer produce keeps kicking, but as we prepare for the transition to Fall there is a lot of work to be done! See below for no sign up needed opportunities to volunteer at UAC's 6th Street Farm Plot."



August Volunteering at 6th St. Farm

(intersection of 6th St. and Monticello Ave)

- Wednesday, Aug. 25th 10:30 - 11:30am
- Monday, Aug. 30th 10:30 - 11:30am

Volunteers do not need to sign up for these workdays. Please bring your own water and garden gloves if you have them.

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.

Learn more: <https://at.virginia.edu/r9qAgP>

More from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION (CONTINUED)

¡Mejora tus habilidades en inglés!

Regístrese para las clases de inglés -
Miércoles o jueves 12: 30-1: 30, Lanugage Commons (New Cabell Hall, Suite 298)
Para registrarse, llame o envíe un correo electrónico a Emily Douglas,
em4hg@virginia.edu (434) 906-5810
La fecha límite es el **31** de agosto



Améliorez vos compétences en anglais!

S'inscrire aux cours d'anglais -
Mercredi OU jeudi de 12h30 à 13h30, Lanugage Commons (New Cabell Hall, Suite 298)
Pour vous inscrire, appelez ou envoyez un email à Emily Douglas, em4hg@virginia.edu (434) 906-5810
La date limite est le **31** août

Improve your English skills!

Register for English classes -
Wednesdays OR Thursdays 12:30-1:30, Lanugage Commons (New Cabell Hall, Suite 298)
To register call or email Emily Douglas, em4hg@virginia.edu (434) 906-5810
Deadline is August **31st**

OCCUPATIONAL TRAINING

HOW TO: View or Apply for UVA FM Job Postings

Current UVA Employees

Search for and apply to jobs using your existing [Workday account](#):

See UVA HR's How to Apply: for Internal Candidates: <https://at.virginia.edu/jgLuzS>

External Applicants

(not currently employed by UVA) will be prompted to create a profile in Workday when applying:

<https://uva.wd1.myworkdayjobs.com/UVAJobs>

Not all listings are available to external applicants.

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

View current FM job openings >>>

OCCUPATIONAL TRAINING (CONTINUED)

Current FM Job Openings

Opportunities within UVA FM as of August 19, 2021:

- **R0026550** Mason—CC&R
- **R0025875** Landscape Plant Health Specialist
- **R0025247** Environmental Remediation Tech
- **R0026919** Chiller Plant Manager
- **R0027552** Cabinet Builder
- **R0027307** Senior HVAC Mechanic
- **R0027306** Senior Trades Utility Worker
- **R0025941** Fleet Ambassador (Staff Wage)
- **R0027525** Heat Plant Operations Manager
- **R0026772** Senior Plumber Steamfitter
- **R0027064** Carpenter, Health System Physical Plant
- **R0027459** Associate Director for Utility Systems Distribution
- **R0027440** Electrician – CCR
- **R0027431** Electrician Supervisor – CCR
- **R0027143** Fire Systems Technician
- **R0027140** Fire Systems Assistant Technician
- **R0027271** IT Help Desk Specialist (Staff Wage)
- **R0026554** Drywall/Plasterer—CC&R
- **R0027152** Custodial Services Supervisor, Housing
- **R0024318** Custodial Services Supervisor, Evening Shift
- **R0026803** Custodial Services Supervisor, Evening Shift, North Grounds Zone
- **R0025051** Electrician Senior, Health System Physical Plant
- **R0025004** Carpenter
- **R0025468** Senior Plumber
- **R0025264** Senior HVAC Mechanic – Four Days On, Four Days Off (Day or Night Shift)
- **R0026830** Geospatial Space Analyst
- **R0025366** Senior Trades Utility Worker
- **R0026402** Electrician
- **R0025953** Senior Plumber, Day Shift, 4 Days On/4 Days Off
- **R0025365** Electrician Senior, Night Shift Worker, 4 Days On/4 Days Off
- **R0026697** Custodial Services Worker
- **R0026558** Senior Trades Utility Worker
- **R0026920** Electrician, West Grounds
- **R0026856** Senior Welder for Utility Systems
- **R0025028** HVAC Senior Assistant
- **R0026814** Senior Plumber
- **R0026545** Sheet Metal Technician – CC&R
- **R0026377** Custodial Services Worker, Day and Night Shift
- **R0025387** Carpenter - Construction & Renovation Services
- **R0024783** HVAC Mechanic
- **R0026402** Electrician
- **R0026399** Plumber Steamfitter Senior
- **R0026400** Trades Utility Senior Worker
- **R0026426** Project Coordinator—CC&R
- **R0024455** Custodial Services Worker
- **R0022915** Trades Utility Senior Worker
- **R0025776** Occupational Programs Coordinator
- **R0026022** Senior Carpenter
- **R0026239** Occupational Health and Safety (OHS) Manager
- **R0024978** Landscape & Grounds Worker
- **R0025990** HVAC Mechanic, Central Grounds
- **R0025857** HVAC Operations Engineering Technician
- **R0025382** Plumber
- **R0020254** Space Project Manager
- **R0025389** Environmental Inspector

More Job Openings on next page >>>

OCCUPATIONAL TRAINING

Current FM Job Openings (continued from previous page)

- **R0025441** Plumber
- **R0025447** Carpenter Supervisor
- **R0025318** Recycling Program Coordinator
- **R0025551** Roofer
- **R0024632** BAS Project Coordinator
- **R0024368** Computer Help Desk Tech (Student Wage)
- **R0022674** HVAC Mechanic
- **R0022572** Trades Utility Senior Worker, Shift
- **R0022573** Trades Utility Senior Worker
- **R0000028** Temporary Trades Pool

APPRENTICESHIP

WELCOME TO THE NEW CLASS OF APPRENTICES

UVA FM's newest class of apprentices will begin onboarding on **August 30, 2021**. They will hit the Ground(s) running with a full week of training and onboarding, before being released to their first round of rotations.

Be sure to give them a warm welcome as they begin their journey in a skilled trades career!

Non-Licensed Trades (Carpentry/ Masonry)

- Samantha Manning
- Jamal Johnson
- Stephen Ingram
- Bryan Ferguson

Licensed Trades (Electrical / HVAC / Plumbing)

- Justin McCartney
- Andrew Rowe
- Branson Lane
- Cody Taylor
- John Crews
- Freddy Ntamulenga
- Nazeer Bahuddeen



COVID-19 RESOURCES

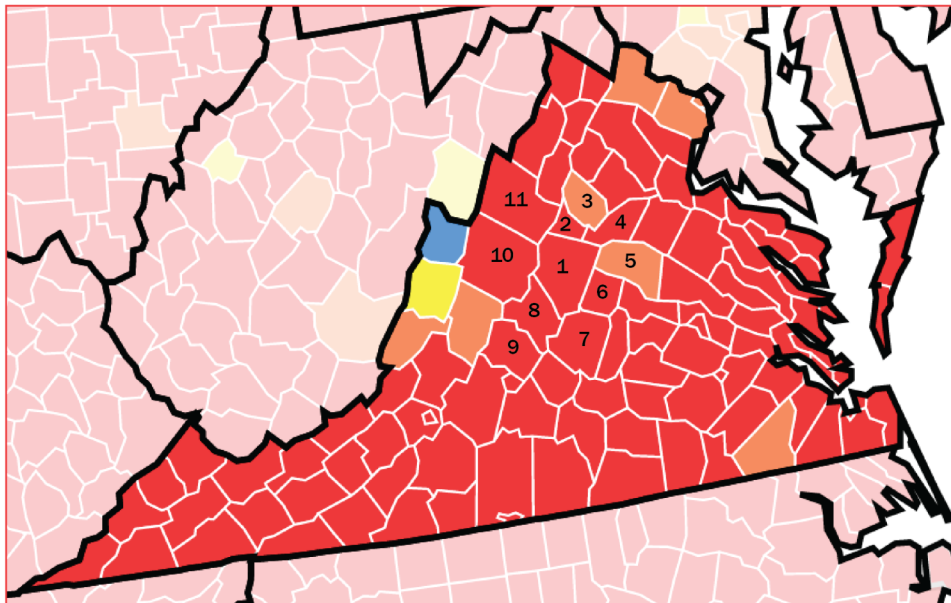
LOCAL COMMUNITY TRANSMISSION LEVELS

“Community Transmission” is defined as spread of an illness for which the source of infection is unknown, or simply encountered in the local community, like grocery shopping or at the movie theater. Because COVID-19 is highly transmissible and can be spread by people who do not know they have the disease, risk of transmission within a community can be difficult to determine.

Individuals need to follow healthy hygiene practices, stay at home when sick, practice physical distancing to lower the risk of disease spread, and use a cloth face covering in community settings when physical distancing cannot be maintained.

KEY:

● High ● Substantial ● Moderate ● Low



Current 7-days is Tue Aug 10 2021 - Mon Aug 16 2021 for case rate and Sun Aug 08 2021 - Sat Aug 14 2021 for percent positivity. The percent change in counties at each level of transmission is the absolute change compared to the previous 7-day period.

#	County/Locality	Community Transmission Rate
1	Albemarle/C'ville	High
2	Greene	High
3	Madison	Substantial
4	Orange	High
5	Louisa	Substantial
6	Fluvanna	High
7	Buckingham	High
8	Nelson	High
9	Amherst	High
10	Augusta	High
11	Rockingham	High

Source: <https://covid.cdc.gov/covid-data-tracker/#county-view>

“BREAKTHROUGH” COVID-19: WHAT WE KNOW

Breakthrough infections in which vaccinated people get the COVID-19 infection are difficult to put in perspective. They’ve happened to the New York Yankees and to White House officials, as well at summer gatherings in Massachusetts, Oklahoma and elsewhere. COVID-19 is on the rise once more nationwide.

What we know:

- Vaccinated people are nearly guaranteed **not to be hospitalized or killed by COVID-19**.
- Among children under 12, who remain ineligible for the vaccine, serious forms of COVID-19 are also extremely rare. Children face bigger risks when they ride in a car with other unvaccinated people.
- The Delta variant does not appear to change either of those facts.
- Millions of unvaccinated American adults are vulnerable to hospitalization or death from COVID-19

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/how-they-work.html>

FACE COVERS: STILL WORTH IT























Face covering requirements at UVA FM, per [Policy SEC-045](#) and [FM's On-Grounds Work Guidelines](#):

- **Unvaccinated** students, faculty, staff, contractors, and visitors **must wear a face cover outdoors even when they can maintain a physical distance of at least six feet.**
- **Everyone** must wear a face cover when:
 - In shared spaces indoors.
 - In FM vehicles with a passenger
 - In [UVA Health facilities](#)
 - At saliva testing facilities
 - Engaged with K-12 students
 - Using public transportation (UTS, other buses, taxis, rideshares, etc.)
 - In the **Shoe Truck**
- Consider wearing a face cover outside of work during activities or outings with others who are not fully vaccinated.

When to Wear

FACE COVERS

at UVA FM

LOCATION at UVA – <i>Non-UVA locations may have different requirements</i>	UNVACCINATED (or have not completed all vaccine doses)	FULLY VACCINATED (2+ weeks since the final dose)
OUTDOORS	 YES required by UVA Policy SEC-045	 NO
Indoors, alone in your own office with a door, not a cubicle.	 NO	 NO
Indoors, physically distanced	 YES required by UVA Policy SEC-045	 YES , temporarily required by UVA Policy SEC-045
Indoors, with both vaccinated & unvaccinated individuals	 YES required by UVA Policy SEC-045	 YES , temporarily required by UVA Policy SEC-045
UVA FM Training (indoor and outdoor)	 YES , required by UVA FM On-Grounds Work Guidelines	 YES , temporarily required by UVA Policy SEC-045
ALONE in FM vehicles	 NO	 NO
UVA Health Facilities	 YES required by UVA Policy SEC-045	 YES required by UVA Policy SEC-045
UVA Saliva Testing Facilities	 YES required by UVA Policy SEC-045	 YES required by UVA Policy SEC-045
Public Transportation, including buses, rideshares, and taxis	 YES required by UVA Policy SEC-045	 YES required by UVA Policy SEC-045
Red Wing Shoe Truck at UVA FM	 YES , temporarily required by UVA FM Shoe Truck Program	 YES , temporarily required by UVA FM Shoe Truck Program
When your coworker asks you to	 YES practice kindness	 YES practice kindness

Thank you for practicing kindness & understanding, as well as for protecting your coworkers during this “new normal.”

UVA Facilities Management Occupational Programs | 434.297.6379 | FM-OHS@virginia.edu

COVID-19 RESOURCES

TESTING RESOURCES/PREVALENCE TESTING FOR UVA FM EMPLOYEES

UVA has begun prevalence testing for employees who have not been fully vaccinated in order to prevent the asymptomatic spread of the virus that causes COVID-19. *If you have had COVID-19, you are exempt from testing for **150 days** after you have recovered.*

If you have illness or symptoms, regardless of your vaccination status: 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 OR

If someone in your close contacts or household has symptoms, reach out to Employee Health for testing and/or guidance at 434-924-2013.

Remember: What is mild for you may be life-threatening for another family.

[See the following page if you are interested in COVID-19 testing for a family member or non-UVA employee >>>](#)

ACCESSING/REPLACING YOUR COVID-19 VACCINATION RECORD

If you have misplaced your vaccination card, you can request a copy of your record. If you received your vaccine through:

- **Virginia Department of Health** or through a local Virginia health district: Go to <https://vaccinate.virginia.gov> and scroll down to click "Need a Copy of Your Vaccination Record?". Enter your information and submit your request.
- **UVA Health:** <https://forms.uvahealth.com/vaxcard/>
- **A local pharmacy or your primary care physician:** Contact the practice for your vaccine record. *Most providers participate with Virginia Immunization Information System (VIIS), so records will eventually be available at <https://www.vdh.virginia.gov/immunization/immunization-record-request-form/>*

REMINDER: SUBMIT YOUR VACCINATION INFO VIA WORKDAY

- **Look in Workday to see if you have an announcement** (on the upper left side) regarding proof of vaccination. *If you did not receive an announcement that means your vaccine data was automatically populated in Workday because you received your vaccine from UVA Health. No action is needed on your part.*
- If you did receive a notification, follow the directions to document your proof of vaccination.

See more from UVA HR: <https://hr.virginia.edu/proof-vaccination>

FREE COVID-19 TESTING

Summer 2021



UVA Health and BRHD Testing Sites

- Church of the Incarnation
 - 1465 Incarnation Drive
 - Mondays | 6:00-7:30pm
- Mount Zion First African Baptist Church
 - 105 Lankford Ave
 - Tuesdays | 5:30-7:00pm
- Charlottesville/Albemarle Health Dept.
 - 1138 Rose Hill Drive
 - Fridays | 5:00-7:00pm



CVS & Walgreens

CVS C'ville

- 208 East Main Street
- 1341 Long Street
- 3420 Seminole Trail
- 1133 5th Street SW
- 1170 Emmett Street N
- 1425 University Ave
- 1700 Seminole Trail
- 312 Connor Drive

CVS Localities

- 503 Main St | Louisa
- 28 Abby Rd | Palmyra
- 9026 Seminole Trail | Ruckersville

Walgreens

- 412 E Main St | Louisa
- 74 Tanbark Plaza | Lovingson
- 314 Rolkin Rd | Charlottesville
- 3489 Seminole Trail | Charlottesville

**BOTH PHARMACIES
ACCEPT WALK-IN
APPOINTMENTS WEEKLY.
CALL DIRECTLY FOR
MORE INFORMATION.**

Questions?
434-972-6261
BlueRidgeHD.org

More info: <https://www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites/>

IT'S EASIER THAN EVER TO GET YOUR COVID-19 VACCINE!



Make your plan today.

Schedule your free 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: <https://at.virginia.edu/JhDgmD>

Remember to use your PHEL for any time away from work.

Learn more about the available vaccines in the US >>

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-Friday
from 8 a.m. to 6 p.m.

Learn more about variants of COVID-19: <https://at.virginia.edu/xI3NZP>

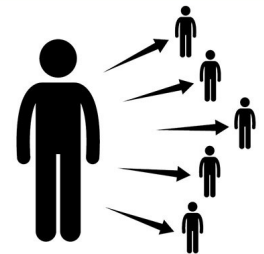
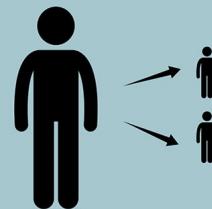
THE DELTA VARIANT: WHAT WE KNOW

- **The Delta variant is more contagious:** The Delta variant is highly contagious, nearly twice as contagious as previous variants.
- **Some data suggest the Delta variant might cause more severe illness than previous strains in unvaccinated persons.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus strains.
- **Unvaccinated people remain the greatest concern:** Although breakthrough infections happen much less often than infections in unvaccinated people, individuals infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit it to others. The greatest risk of transmission is among unvaccinated people who are much more likely to contract, and therefore transmit the virus.
- **Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period:** The Delta variant seems to produce the same high amount of virus in both unvaccinated and fully vaccinated people. However, like other variants, the amount of virus produced by Delta breakthrough infections in fully vaccinated people also goes down faster than infections in unvaccinated people. This means fully vaccinated people are likely infectious for less time than unvaccinated people.

The Delta variant is more contagious than previous strains—it may cause more than **2x** as many infections

ORIGINAL COVID-19 STRAIN

DELTA VARIANT



Vaccines protect you from hospitalization, severe infections, and death

See more from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>

COVID-19 VACCINE CLINIC WALK-IN AVAILABILITY

August 2021



Weekly Walk-ins

J.CREW LOCATION

Fashion Square Mall in Charlottesville

1639 Rio Road East | 434-972-6261

(J&J, Moderna, & Pfizer)

- Monday: 3:30-6:30pm
- Tuesday: 10:30am-3:30pm
- Wednesday: 10:30am-3:30pm
- Thursday: 3:30-6:30pm

Pharmacy Options

All retail pharmacies listed below accept walk-ins.
Contact these pharmacies directly for more information.

- **Costco Pharmacy**
*no membership required for vaccination
- **CVS Pharmacy**
- **Giant Food Pharmacy**
- **Harris Teeter Pharmacy**
- **Kroger Pharmacy**
- **Sam's Club Pharmacy**
- **Top Notch Pharmacy**
- **Walgreens Pharmacy**
- **Walmart Pharmacy**

LOCALITY CLINIC WALK-INS

OFFERING J&J, MODERNA, & PFIZER

GREENE HEALTH DEPARTMENT

MONDAYS

50 Stanard St.
Stanardsville

9:30–11:30 a.m.
1:00–3:30 p.m.

LOUISA HEALTH DEPARTMENT

TUESDAYS

540 Industrial Dr.
Louisa

9:30–11:30 a.m.
1:00–3:30 p.m.

FLUVANNA HEALTH DEPARTMENT

WEDNESDAYS

132 Main St.
Rt. 15, Palmyra

9:30–11:30 a.m.
1:00–3:30 p.m.

NELSON HEALTH DEPARTMENT

THURSDAYS

4038 Thomas Nelson
Hwy., Arrington

9:30–11:30 a.m.
1:00–3:30 p.m.

CHARLOTTESVILLE/ALBEMARLE HEALTH DEPARTMENT

FRIDAYS

1138 Rose Hill Dr.
Charlottesville

9:30–11:30 a.m.
1:00–3:30 p.m.

QUESTIONS?

434-972-6261

BlueRidgeHD.org



Reasons to celebrate are all around us!

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

August 20: National Chocolate Pecan Pie Day

August 21: National Senior Citizens Day

**August 22: National Take Your Cat to the Vet
Day**

August 23: National Cuban Sandwich Day

August 24: Pluto Demoted Day

August 25: National Banana Split Day

August 26: Women's Equality Day

August 27: National Just Because Day