The Occupational Programs Weekly Wrap Up
UVA Facilities Management 08.27.2021

In this issue:
Click the item title to go to the corresponding page. Downloading this document may be necessary.

**OCCUPATIONAL HEALTH & SAFETY**

→ Protect Your Hearing: Are FM Employees Exposed to Loud Noise at Work?
→ Workplace Safety Reminders
→ Shoe Truck Update for August 31
→ Work Safely!

**DIVERSITY, EQUITY & INCLUSION**

→ Improve your English skills! / ¡Mejora tus habilidades en inglés! / Améliorez vos compétences en anglais!
→ How to Talk about Vaccines
→ Read: Why Trauma-Sensitive Teaching Matters Even More in 2021
→ UVA HR Talent Development Programs

**COVID-19 & VACCINE RESOURCES**

→ Local Community Transmission Levels
→ FDA Grants Full Approval to Pfizer BioNTech COVID-19 Vaccine
→ Dealing with Grief and Loss
→ UVA Faculty and Employee Assistance Program Events
→ Face Covers: Still Worth it
→ When to Wear Face Covers at UVA
→ Testing Resources/Prevalence Testing for UVA Employees
→ Accessing/Replacing Your COVID-19 Vaccination Record
→ Reminder: Submit Your Vaccination Info Via Workday
→ Vaccines: Third Doses & Booster Shots
→ Immunocompromised? How to get a third shot
→ COVID-19 Case Rates in Virginia by Vaccination Status
→ Free COVID-19 Testing for Non-UVA Employees
→ It’s easier than ever to get your COVID-19 vaccine!
→ What we know about the Delta variant
→ Local COVID-19 Vaccine Clinic Walk-In Availability for August

FM Occupational Programs & the FM Apprenticeship Program mourns with our colleagues the recent and sudden loss of Danny Lawson.

*Danny was a 1992 graduate of the Apprenticeship Program and had 35 total years of service at UVA Facilities Management.*

*Read his full obituary: https://at.virginia.edu/PAgB3R*

*Please remember the UVA Faculty and Employee Assistance Program (FEAP) is always available as a resource when dealing with grief, trauma, or stress. It is free and confidential for all UVA employees: UVAFEAP.com*
ARE FM EMPLOYEES EXPOSED TO LOUD NOISE AT WORK?

Yes, some of FM-employees are exposed to loud noise because of their job duties or their work environment. The threshold for hearing loss is **85 dBA**.

What FM departments are in the FM Hearing Conservation Program? Why?

> Chiller Plant
> Heat Plant
> Landscaping
> Sheet Metal Shop
> CC&R Masonry Shop
> CC&R Plaster Shop
> CC&R Cabinet Shop

All employees working in these groups may be exposed to **85 dBA** or above for a full shift. This is calculated over an 8-hour TWA (Time Weighted Average).

All FM Apprentices are in the FM Hearing Conservation Program because they may work in these departments and be exposed to 85dBA or above.

Are you in the FM-Hearing Conservation Program? Do you know sources of loud noise in your department? Share your knowledge with us! Send an email to **fm-ohs@virginia.edu** for a chance to win a prize.

Learn more about Protecting Your Hearing>>>>
OCCUPATIONAL HEALTH & SAFETY

PROTECT YOUR HEARING

Who needs to wear hearing protection and when?
All FM employees are REQUIRED to wear hearing protection when they are exposed to sounds levels 85 dBA (decibels) or above.

How do I know that I am exposed to loud noise?
Rule of thumb: If you need to raise your voice from 3 feet away to be heard, the noise is above 85 dBA.

Download the NIOSH Sound Level Meter App
https://www.cdc.gov/niosh/topics/noise/app.html The app was developed to help you make informed decisions about your noise environment and promote better hearing health and loss prevention efforts.

Contact OHS
Send an email to fm-ohs@virginia.edu to request noise sampling.

REMINDERS

OSHA.gov posts and emails workplace safety reminders daily.
Visit Worker.gov to learn more about his one.
Visit OSHA.gov to see more workplace safety reminders of the day.

You have the right to be treated equally.
OCCUPATIONAL HEALTH & SAFETY

RED WING SHOE TRUCK

On August 31, the Red Wing Shoe truck will be at Zehmer Hall (not Skipwith) from 8:00 AM to Noon. The afternoon location remains unchanged (HSPP Loading Dock).

UPDATES to the Shoe Truck Process:

- FM employees can visit the shoe truck by appointment ONLY. Once your shoe voucher request is complete, you will receive an email from FM OHS Shoe Request <fmweb@virginia.edu> with the link to make an appointment.

- 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: https://at.virginia.edu/FMShoeRequest

- If your shoe order is taking more than 10 days, email 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: http://bit.ly/FM-PPE

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.

SAY NO TO

UNSAFE WORK PRACTICES

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

¡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

How to talk about vaccines
The World Health Organization outlines four steps to help individuals, colleagues and teams talk about vaccines - "It’s normal to have questions about vaccines and want to make the right decision for you and your loved ones. If someone you know – a friend, family member or colleague – asks questions or expresses concern about vaccines, listen to them, acknowledge their feelings and offer correct information if you can. Be ready to suggest reputable sources of information if they want to learn more."

Read more: https://at.virginia.edu/0adaPq

More from FM DEI >>>
DIVERSITY, EQUITY & INCLUSION

Read: Why Trauma-Sensitive Teaching Matters Even More in 2021

Trauma-sensitive teaching is an even greater focus this school year, how can we be aware of and acknowledge similar trauma in our workplace?

"There are processes we can do in schools that are good for everybody that are trauma-sensitive – they provide a sense of safety. That’s the No. 1 thing. Everybody feels safe, everybody feels accepted. Everybody’s identity and needs are recognized and honored, and everybody is valued for what they have to contribute. All that is the foundation of trauma-sensitive teaching."

"Trauma is defined by the person experiencing it. Depending on the resources you have to draw upon as an individual, an experience can be more or less traumatic. And how you identify that experience is what counts. I don’t think we, as observers of another person, can tell what they’re going through – depending on the situation, something can have a horrible impact on one person and not such a bad impact on another person."

Read more: [https://at.virginia.edu/sMh8Dq](https://at.virginia.edu/sMh8Dq)

---

TALENT DEVELOPMENT PROGRAMS

<table>
<thead>
<tr>
<th>SEP 16</th>
<th>9:30 AM - 12:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multicultural Fluency</td>
<td></td>
</tr>
<tr>
<td>Multi-cultural Fluency is an introduction to the work of diversity and inclusion. This highly interactive workshop introduces the necessity and power of reflective thinking and of telling our personal stories. The concepts of intent and impact and micro-aggressions are also explored. The course is designed to help participants uncover the complex terrain of cultural differences in a brave environment. The facilitators will lead participants in activities ranging from personal, private inquiry to small and large group discourse.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEP 22</th>
<th>10:00 AM - 12:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridging the Generation Gap</td>
<td></td>
</tr>
<tr>
<td>The goal of this webinar, offered by UVA HR Learning &amp; Development, is to build a better understanding of the multiple generations in the workplace.</td>
<td></td>
</tr>
</tbody>
</table>

Register for these programs and see more opportunities available from UVA Talent Development: [https://hr.virginia.edu/talent-development-programs](https://hr.virginia.edu/talent-development-programs)

More from FM DEI >>>
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.

We still 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.

<table>
<thead>
<tr>
<th>#</th>
<th>County/Locality</th>
<th>Community Transmission Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Albemarle/C'ville</td>
<td>High</td>
</tr>
<tr>
<td>2</td>
<td>Greene</td>
<td>High</td>
</tr>
<tr>
<td>3</td>
<td>Madison</td>
<td>High</td>
</tr>
<tr>
<td>4</td>
<td>Orange</td>
<td>High</td>
</tr>
<tr>
<td>5</td>
<td>Louisa</td>
<td>High</td>
</tr>
<tr>
<td>6</td>
<td>Fluvanna</td>
<td>High</td>
</tr>
<tr>
<td>7</td>
<td>Buckingham</td>
<td>High</td>
</tr>
<tr>
<td>8</td>
<td>Nelson</td>
<td>High</td>
</tr>
<tr>
<td>9</td>
<td>Amherst</td>
<td>High</td>
</tr>
<tr>
<td>10</td>
<td>Augusta</td>
<td>High</td>
</tr>
<tr>
<td>11</td>
<td>Rockingham</td>
<td>High</td>
</tr>
</tbody>
</table>

Source: [https://covid.cdc.gov/covid-data-tracker/#county-view](https://covid.cdc.gov/covid-data-tracker/#county-view)

FDA GRANTS FULL APPROVAL TO PFIZER-BIONTech COVID-19 VACCINE

On August 23rd, the US Food & Drug Administration approved the first COVID-19 vaccine for the prevention of COVID-19 disease in individuals 16 years of age and older. The vaccine also continues to be available under emergency use authorization (EUA), including for individuals 12 through 15 years of age and for the administration of a third dose in certain immunocompromised individuals.

“While this and other vaccines have met the FDA’s rigorous, scientific standards for emergency use authorization, as the first FDA-approved COVID-19 vaccine, the public can be very confident that this vaccine meets the high standards for safety, effectiveness, and manufacturing quality the FDA requires of an approved product,” said Acting FDA Commissioner Janet Woodcock, M.D. “While millions of people have already safely received COVID-19 vaccines, we recognize that for some, the FDA approval of a vaccine may now instill additional confidence to get vaccinated. Today’s milestone puts us one step closer to altering the course of this pandemic in the U.S.”

Source: [https://at.virginia.edu/0cbske](https://at.virginia.edu/0cbske)
COVID-19 RESOURCES

DEALING WITH GRIEF AND LOSS
Grieving the loss of a loved one while coping with the fear and anxiety related to the COVID-19 pandemic can be especially overwhelming. Some actions you can take to help you cope with feelings of grief after the loss of a loved include:

Connecting with other people
- Invite people to call you or host conference calls with family members and friends to stay connected.
- Ask family and friends to share stories and pictures with you via mailed letters, email, phone, or video chat or via apps or social media that allow groups to share with each other (e.g., group chat, group messaging, Facebook).
- Coordinate a date and time for family and friends to honor your loved one by reciting a selected poem, spiritual reading, or prayer within their own households.

Creating memories or rituals.
- Develop a virtual memory book, blog, or webpage to remember your loved one, and ask family and friends to contribute their memories and stories.
- Take part in an activity, such as planting a tree or preparing a favorite meal, that has significance to you and the loved one who died.

Asking for help from others
- Seek out grief counseling or mental health services, support groups, or hotlines, especially those that can be offered over the phone or online.
- Seek spiritual support from faith-based organizations, including your religious leaders and congregations, if applicable.
- Seek support from other trusted community leaders and friends.

Source: https://www.cdc.gov/mentalhealth/stress-coping/grief-loss/index.html#loved-one

UVA FACULTY AND EMPLOYEE ASSISTANCE PROGRAM

CONNECT FOR SUPPORT - EMPLOYEE FOCUS
Join a 30 minute drop-in session to check in with colleagues, share strategies for challenges you are facing, and discover resources available to help.
Sessions occur the first Tuesday of each month

CONNECT FOR SUPPORT - MANAGER FOCUS
Join a 30 minute drop-in session to check in with peers who share a similar experience and learn about new resources available to support you as you in turn support your team.
Sessions occur the second Wednesday of each month

See more events & register: https://uvafeap.com/events
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

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

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 | https://www.fm.virginia.edu/depts/occupationalprograms/index.html
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:

- 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
COVID-19 RESOURCES

THIRD DOSES AND BOOSTER SHOTS

The FDA and CDC ACIP recently approved a 3rd dose of COVID-19 vaccines for people who are moderately to severely immunocompromised that received an mRNA vaccine (Pfizer or Moderna). Blue Ridge Health District is now offering 3rd doses to individuals who are moderately to severely immunocompromised, which includes people who have:

- **Been receiving active cancer treatment** for tumors or cancers of the blood
- **Received an organ transplant** and are taking medicine to suppress the immune system
- **Received a stem cell transplant within the last 2 years** or are taking medicine to suppress the immune system
- **Moderate or severe primary immunodeficiency** (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- **Advanced or untreated HIV infection**
- **Active treatment with high-dose corticosteroids** or other drugs that may suppress your immune response

Third doses of COVID vaccines should be the same manufacturer (Pfizer for ages 12+ or Moderna for ages 18+) as the previous two doses when possible, but this is not required. Additional doses are not approved for individuals who received Johnson & Johnson vaccines.

**Immunocompromised? Here's how to get a 3rd Dose:**

Third doses through BRHD are by appointment only which can be found online at BlueRidgeHD.org or calling the hotline at 434-972-6261.

BRHD will administer 3rd doses by appointment only at local health departments, J. Crew at Fashion Square Mall, Mobi on the Mall, and through homebound services. Local primary care providers and some pharmacies will offer 3rd dose vaccines as well. We will not require a patient’s medical records when administering a third dose.

**COVID-19 Case Rates in Virginia by Vaccination Status**

Between 1/17/2021 & 8/14/2021, unvaccinated individuals developed COVID-19 at a rate 12.5 times higher than fully vaccinated and 2.5 times higher than partially vaccinated individuals.

Source: Virginia Dept. of Health https://at.virginia.edu/4u6myh
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

Walgreens
- 412 E Main St | Louisa
- 74 Tanbark Plaza | Lovingston
- 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

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
- 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 >>

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.

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
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.

August 27: National Tracky Dack Day

August 28: National Bow Tie Day

August 29: More Herbs, Less Salt Day

August 30: National Grief Awareness Day

August 31: Eat Outside Day

September 1: Building & Code Staff Appreciation Day

September 2: National Blueberry Popsicle Day

September 3: College Colors Day