

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

09.03.2021

In this issue:

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

APPRENTICESHIP

- Welcome to the New Class of Apprentices

OCCUPATIONAL HEALTH & SAFETY

- Protect Your Hearing: Are FM Employees Exposed to Loud Noise at Work?
- BEE AWARE: Prevent Suicide
- Workplace Safety Reminders
- Open Enrollment: Review your benefits
- Work Safely!

COVID-19 & VACCINE RESOURCES

- Local Community Transmission Levels
- FDA Grants Full Approval to Pfizer BioNTech COVID-19 Vaccine
- 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

OCCUPATIONAL TRAINING

- UVA FM Job Openings

DIVERSITY, EQUITY & INCLUSION

- 9/11: 20 Years Later
- 4 Way Managers Can Be More Inclusive
- Trainable Skills of Well-Being
- Build Leadership & Team Strengths with UVA Talent Development
- Community Relief Programs from Virginia Employment Commission

- 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 September



*and as always,
Reasons to Celebrate!*

APPRENTICESHIP

WELCOME TO THE NEWEST CLASS OF APPRENTICES

On Wednesday, September 8, the newest class of apprentices will be released to the first rotations. The incoming cohort will be piloting the new 2+2 Program model, in which apprentices spend their first two years taking general skilled trades education and safety courses that relate across all trades tracks. In the second two years of the program, apprentices focus their training in their chosen trade of carpentry, masonry, plumbing, HVAC or electrical.

Say hi if you see these apprentices around Grounds:

Non-Licensed Trades (Carpentry/Masonry)



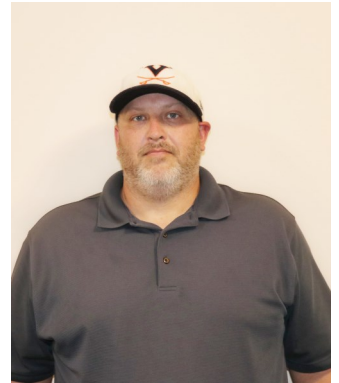
Samantha Manning



Jamal Johnson



Stephen Ingram



Bryan Ferguson

Licensed Trades (Electrical, HVAC, Plumbing)



Justin McCartney



Andrew Rowe



Branson Layne



Cody Taylor



John Crews



Freddy Ntamulenga

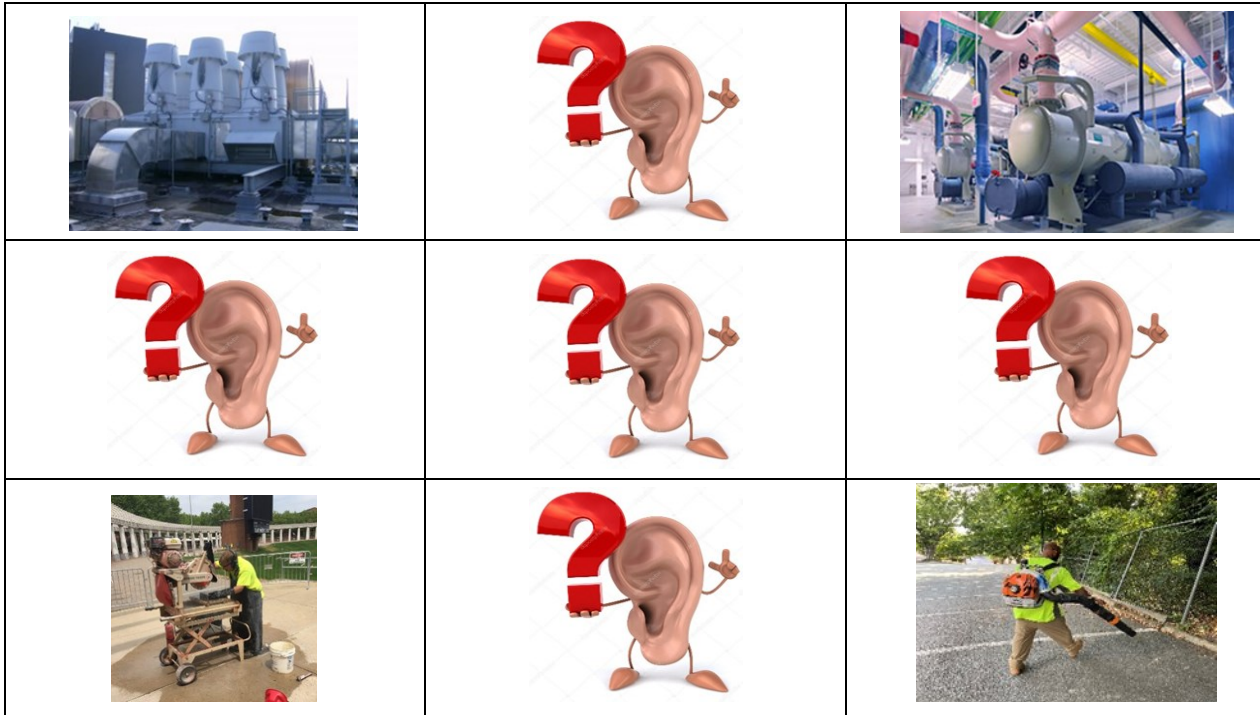


Nazeer Bahuddeen

OCCUPATIONAL HEALTH & SAFETY

ARE FM EMPLOYEES EXPOSED TO LOUD NOISE AT WORK?

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.



BEE AWARE: PREVENT SUICIDE

Suicide Prevention Week is September 6-10. According to the Centers for Disease Prevention, [construction occupations have the highest rate of suicide](#), as well as the highest number of suicides across all occupational groups. To combat these statistics, contractors, unions, associations, industry service providers and project owners must work together to STAND up for suicide prevention.



There are approximately three jobsite fatalities in construction every day and an estimated 10 to 12 suicides among construction workers. In the construction industry, [mental health awareness and suicide](#) prevention are just as important as job safety issues.

Now is the time for the industry to **STAND up** for suicide prevention and address it as a health and safety priority by creating **safe cultures**, providing **training to identify and help those at risk**, raising **awareness** about the suicide crisis in construction, **normalizing conversations around suicide and mental health**, and ultimately **decreasing the risks associated with suicide** in construction.

Learn more: <https://preventconstructionsuicide.com/>

Contact UVA FEAP: uvafeap.com/

OCCUPATIONAL HEALTH & SAFETY

Bernie says!

KNOW THE FACTS about Confined Space

A confined space:

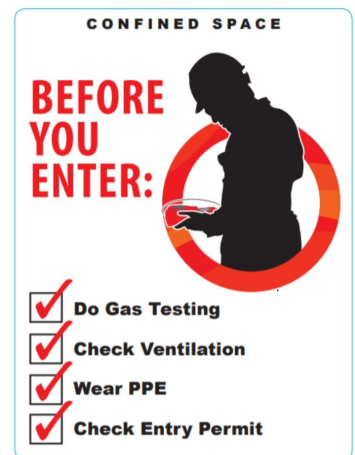
- Has limited openings for entry or exit,
- Is large enough for entering and working, and
- Is NOT designed for continuous worker occupancy.

Confined spaces include underground vaults, tanks, storage bins, manholes, pits, silos, underground utility vaults and pipelines. See 29 CFR 1910.146: <https://at.virginia.edu/1910.146>



Permit-required confined spaces are confined spaces that:

- ♦ May contain a hazardous or potentially hazardous atmosphere.
- ♦ May contain a material which can engulf an entrant.
- ♦ May contain walls that converge inward or floors that slope downward and taper into a smaller area which could trap or asphyxiate an entrant.
- ♦ May contain serious physical hazards such as unguarded machines or exposed live wires.
- ♦ Must be identified by the employer who must inform exposed employees of the existence and location of such spaces and their hazards.



What to Do:

- ♦ Do not enter permit-required confined spaces without being trained and without having a [permit to enter](#).
- ♦ Review, understand and follow employer's procedures before entering permit-required confined spaces and know how and when to exit.
- ♦ Before entry, identify any physical hazards.
- ♦ Before and during entry, test and monitor for oxygen content, flammability, toxicity or explosive hazards as necessary.
- ♦ Use employer-provided fall protection, rescue, air-monitoring, ventilation, lighting and communication equipment according to entry procedures.
- ♦ Maintain contact at all times with a trained attendant either visually, via phone, or by two-way radio. This monitoring system enables the attendant and entry supervisor to order you to evacuate and to alert appropriately trained rescue personnel to rescue entrants when needed.

Review UVA FM Programs: <https://www.fm.virginia.edu/depts/ohs/programs.html>

OCCUPATIONAL HEALTH & SAFETY

REMINDERS

[OSHA.gov](https://www.osha.gov) posts and emails workplace safety reminders daily.

Visit www.osha.gov/workers to learn more about this one.

Visit [OSHA.gov](https://www.osha.gov) to see more [workplace safety reminders of the day](#).



You have the right to speak up about hazards without retaliation.

OPEN ENROLLMENT: REVIEW YOUR BENEFITS

UVA's Benefits Open Enrollment for plan year 2021 will occur **October 4-15, 2021**. NOW is your time to review and select benefits for next year. Learn what to expect this year, review your benefits use, mark your calendars for key dates and register now for webinars and benefits presentations. Learn more: <https://at.virginia.edu/22hJXO>



WORK SAFELY!

A yellow graphic with a blue border. The text "SPEAK UP!" is on the left. The main text "SAY NO TO" is in large blue letters, and "UNSAFE WORK PRACTICES" is in white letters on a blue banner. Below this, it says "NOTIFY YOUR SUPERVISOR, FILL OUT A NEAR MISS FORM OR CALL FM-OHS AT 434-297-6379". A QR code is on the right.

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](#).

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

- R0028077 Custodial Services Worker
- R0027977 IT Desk Support (Student Wage)
- R0027823 High Voltage Electrician
- R0025382 Plumber
- R0025264 Senior HVAC Mechanic - Four Days On, Four Days Off (Day or Night Shift)
- R0025247 Environmental Remediation Tech
- R0024783 HVAC Mechanic
- R0025028 HVAC Senior Assistant
- R0027588 Logistics Coordinator
- R0026550 Mason - CC&R
- R0026545 Sheet Metal Technician - CC&R
- R0022915 Trades Utility Senior Worker
- R0025875 Landscape Plant Health Specialist
- R0025941 Fleet Ambassador (Staff Wage)
- R0027525 Heat Plant Operations Manager
- R0027307 Senior HVAC Mechanic
- R0027459 Associate Director for Utility Systems Distribution
- R0027440 Electrician – CCR
- R0027431 Electrician Supervisor – CCR
- R0027143 Fire Systems Technician
- R0026803 Custodial Services Supervisor, Evening Shift, North Grounds Zone
- R0024318 Custodial Services Supervisor, Evening Shift
- R0027152 Custodial Services Supervisor, Housing
- R0026554 Drywall/Plasterer - CC&R
- R0026830 Geospatial Space Analyst
- R0027271 IT Help Desk Specialist (Staff Wage)
- R0026697 Custodial Services Worker
- R0026402 Electrician
- R0026377 Custodial Services Worker, Day and Night Shift
- R0026920 Electrician, West Grounds
- R0026856 Senior Welder for Utility Systems
- R0026400 Trades Utility Senior Worker
- R0025990 HVAC Mechanic, Central Grounds
- R0024978 Landscape & Grounds Worker
- R0026239 Occupational Health and Safety (OHS) Manager
- R0025776 Occupational Programs Coordinator
- R0026426 Project Coordinator - CC&R
- R0026022 Senior Carpenter
- R0025447 Carpenter Supervisor
- R0025857 HVAC Operations Engineering Technician
- R0025441 Plumber
- R0025551 Roofer
- R0020254 Space Project Manager
- R0024368 Computer Help Desk Tech (Student Wage)
- R0022674 HVAC Mechanic

DIVERSITY, EQUITY & INCLUSION

9/11: 20 Years Later

On the 20th Anniversary of the September 11th attacks, The Miller Center presents two days of discussions - The 2021 Ambassador William C. Battle Symposium explores the September 11th attack's impact on the United States at home and in the world. Drawing on expertise from scholars, practitioners, and journalists, this conference examines the history of this era with an eye toward its implications for the future.



→ Explore Day 1 - <https://millercenter.org/news-events/events/911-twenty-years-later-day-1>

→ Explore Day 2 - <https://millercenter.org/news-events/events/911-twenty-years-later-day-2>

4 Ways Managers Can Be more Inclusive

"Dozens of studies have demonstrated that more diverse teams make better decisions than less diverse teams. Many leaders know this, but still struggle with making the day-to-day work more inclusive. Managers can follow four key practices to truly become inclusive leaders and, not coincidentally, build high-performance, innovative, high growth businesses."

1. **Hire for talent, not a resume** - the best candidates might well be "unorthodox" hires.
2. **Unleash everyone's creativity**, invite team members at all levels to contribute their own original thinking - indeed, require it.
3. **Use opportunity as your primary development tool**, give employees assignments they can learn from.
4. **Foster competition and collaboration at the same time.**

Learn more: <https://hbr.org/2017/07/4-ways-managers-can-be-more-inclusive>

Trainable Skills of Well-Being

Join FEAP and Hoos Well for this this reward-eligible seminar to learn more about these four pillars of well-being and practical ways you can strengthen the different areas of the mind that contribute to your well-being. Four pillars of the science of training the mind:

1. **Awareness** (mindfulness and the regulation of attention)
2. **Connection** (appreciation, kindness, and compassion)
3. **Insight** (curiosity, self-knowledge, and qualities that promote a healthy sense of self)
4. **Purpose** (clear values and a sense that one's life and pursuits are meaningful)

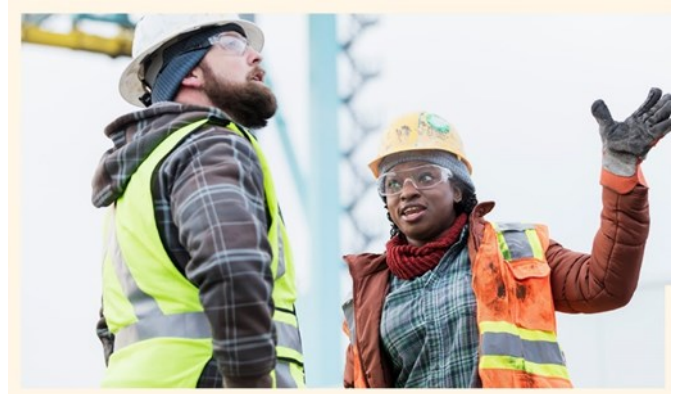
Learn more & register: <https://uvafeap.com/events/trainable-skills-well-being>

More from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION

Build Leadership and Team Strengths with UVA Talent Development

- **Emerging Leaders: An Introduction to Leadership Styles** - Whether you're new to the world of leadership or a seasoned professional looking for a refresher, this workshop is designed to provide you with a firm understanding of what leadership is (and is not) and increase your self-awareness and personal leadership mastery for optimal success.



Register here: <https://at.virginia.edu/JGUlin>

- **Giving and Receiving Feedback** - What will this course help me do? Build a culture of engagement and continuous improvement. Become more confident and comfortable in delivering feedback to your colleagues, team members, and leaders.

Register here: <https://at.virginia.edu/5G0m5h>

- **Multicultural Fluency** - The goal of the workshop is to begin conversations that are both grounded and constructive. Managers, leaders, and team members should attend this course, as Jay Huyen wrote in the article, The Art of Cultural Fluency in Leadership, “ If left unattended, diversity can negatively affect team cohesion and increase miscommunication and conflict. Having a culturally adaptive leader, or team, can encourage diverse viewpoints in decision-making and give voice to the unique perspectives that will drive innovation and growth for your organization. Fluent leader skills should be added to your leadership toolkit.”

Register here: <https://at.virginia.edu/R5HAa4>

- **Bridging the Generation Gap** - Participants will learn to strengthen and enhance their team's ability to improve communication by discussing the stereotypes and characteristics for each generation currently in the workforce. Participants will also discover new ways to leverage generational assets and drive organizational results.

Register here: <https://at.virginia.edu/2oBZ4j>

- **Women in Leadership** - This course will cover the following topics and objectives:
 - What is the leadership ambition gap, the glass ceiling, and the queen bee phenomenon.
 - The internal barriers women struggle with and allow you to develop a development plan that will guide you to take your career to new heights.

Register here: <https://at.virginia.edu/4vZGCv>

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.

Community spread in Charlottesville and surrounding counties that employees may commute from remains HIGH.

We still need to:

- Follow healthy hygiene practices
- Stay at home when sick
- Practice physical distancing to lower the risk of disease spread
- Use a cloth face covering in community settings when physical distancing cannot be maintained and where required

County/Locality	Community Transmission Rate
Albemarle/C'ville	High
Greene	High
Madison	High
Orange	High
Louisa	High
Fluvanna	High
Buckingham	High
Nelson	High
Amherst	High
Augusta	High
Rockingham	High

Source: <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 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/Ocbske>

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>

COVID-19 RESOURCES

THIRD DOSES AND BOOSTER SHOTS

The FDA and CDC ACIP has 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

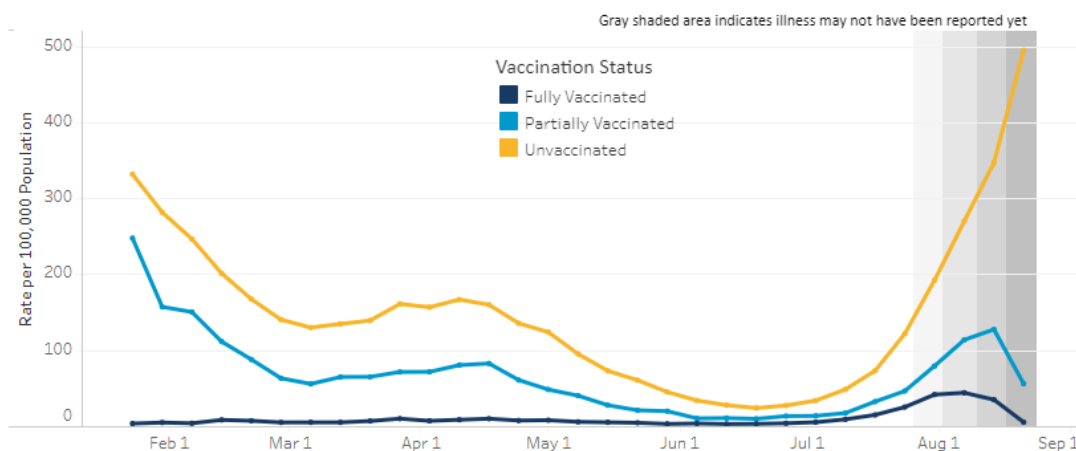
Third doses of COVID vaccines should be the same manufacturer (Pfizer for ages 12+ or Moderna for ages 18+) as the previous two doses when possible, but this is not required. Additional doses are not approved for individuals who received Johnson & Johnson vaccines.

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](https://www.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 & 8/21/2021, unvaccinated individuals developed COVID-19 at a rate 13.3 times higher than fully vaccinated and 2.6 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

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](https://www.blu ridgehd.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>

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/xl3NZP>

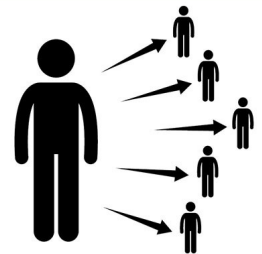
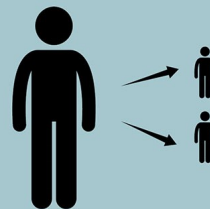
THE DELTA VARIANT: WHAT WE KNOW

- **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 the original virus strains. Even so, the vast majority of hospitalization and death caused by COVID-19 are in unvaccinated people.
- **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 spread the virus for a shorter time:** For people infected with the Delta variant, similar amounts of viral genetic material have been found among both unvaccinated and fully vaccinated people. However, like prior variants, the amount of viral genetic material may go down faster in fully vaccinated people when compared to unvaccinated people. This means fully vaccinated people will likely spread the virus 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

September 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
- Saturday: 10:30am-1:30pm

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
- Wegmans Pharmacy

LOCALITY CLINIC WALK-INS

OFFERING J&J, MODERNA, & PFIZER

GREENE HEALTH DEPARTMENT

MONDAYS

50 Stanard St.	9:30-11:30 a.m.
Stanardsville	1:00-3:30 p.m.

LOUISA HEALTH DEPARTMENT

TUESDAYS

540 Industrial Dr.	9:30-11:30 a.m.
Louisa	1:00-3:30 p.m.

FLUVANNA HEALTH DEPARTMENT

WEDNESDAYS

132 Main St.	9:30-11:30 a.m.
Rt. 15, Palmyra	1:00-3:30 p.m.

NELSON HEALTH DEPARTMENT

THURSDAYS

4038 Thomas Nelson	9:30-11:30 a.m.
Hwy., Arrington	1:00-3:30 p.m.

CHARLOTTESVILLE/ALBEMARLE HEALTH DEPARTMENT

FRIDAYS

1138 Rose Hill Dr.	9:30-11:30 a.m.
Charlottesville	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.

September 3: National Skyscraper Day

September 4: National Wildlife Day

September 5: National Pet Rock Day

September 6: Fight Procrastination Day

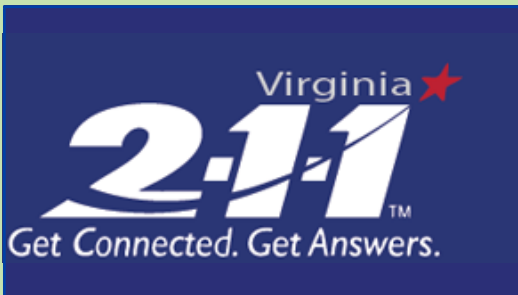
September 7: Brazil Independence Day

September 8: National Ampersand Day

September 9: Care Bears Share Your Care Day

September 10: Stand Up to Cancer Day

A Quick Guide to Relief Programs



2-1-1 Virginia is the Commonwealth's 24-hour information and referral service that provides access to free and confidential crisis and emergency counseling, disaster assistance, food, health care, insurance assistance, stable housing and utility payment assistance, employment services, Veteran services, and childcare and family services. Virginians can access resources within their local area by dialing 2-1-1, texting "Connect" to 247211, or by visiting 211virginia.org.



Virginia Rent Relief Program (RRP)

If you or someone you know is having difficulty in making rent payments, you may be eligible for the Virginia Rent Relief Program (RRP). Depending on availability of funds and household need, the RRP may provide financial assistance for rent payments for eligible households.

Check Eligibility Online - www.dhcd.virginia.gov/eligibility or call: **2-1-1**



The **Child Care Subsidy Program** assists families in paying child care costs for children under age 13 who are not eligible to attend public school during the part of the day when public education is available, or children with special needs under age 18 who reside with the applicant. If you are eligible and are approved for services, the Subsidy Program can pay a portion of your child care costs directly to the child care provider.

[Click here](#) to view the Child Care Subsidy flyer. Apply online or screen for eligibility through [CommonHelp](#) or contact your [local department of social services](#).



Temporary Assistance for Needy Families (TANF)

The TANF program provides eligible families with a monthly cash payment to meet their basic needs. For a child to be eligible he must be:

- Under age 18, or if 18, will graduate from high school before age 19
- Going to school regularly if he is between the ages of five and 18
- Living with a parent or other relative
- A U.S. citizen or an eligible immigrant

Apply online using Commonhelp <https://commonhelp.virginia.gov/access/> or call: Enterprise Customer Service Center at **(855) 635 - 4370**



Supplemental Nutrition Assistance Program (SNAP) is a federal program that provides nutritional assistance to eligible individuals and families. SNAP provides a monthly benefit to households through an Electronic Benefits Transfer (EBT) card to supplement the purchase of nutritious foods. Temporary SNAP assistance is also available for some [college students](#).

Eligibility for SNAP benefits is based on financial and nonfinancial criteria. To determine eligibility and/or apply for SNAP benefits online, visit [CommonHelp](#) or contact your local department of [social services](#).



Energy Assistance - Applications for help with your heating and cooling bills or equipment needs are accepted online (at commonhelp.virginia.gov/access/), by calling the Enterprise Customer Service Center at **(855) 635 - 4370**, and at your local department of social services. Additional program information is available [here](#).



Medical Assistance

Virginia offers several medical assistance programs to provide health coverage for eligible individuals, to include pregnant women, Supplemental Security Income (SSI) recipients, children under the age of 19, and adults aged 65 or older, blind or disabled. Eligibility requirements vary, and financial and non-financial criteria must be met. To apply or learn more, visit [CommonHelp](#). A [Medicaid/ Family Access to Medical Insurance Security \(FAMIS\) Application Assistance tool](#) is also available to provide additional application assistance.



The **Commodity Supplemental Food Program (CSFP)** works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. USDA distributes both food and administrative funds to participating states and Indian Tribal Organizations to operate CSFP.

Call your local Food Bank to participate in the program. Visit <https://www.feedingamerica.org/find-your-local-foodbank>



The **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

Apply online <https://www.myvawic.org/>

For More Information call **877-835-5942**



Pandemic Electronic Benefit Transfer (P-EBT) is part of the Federal government's response to the COVID-19 pandemic. Through P-EBT, eligible school children receive temporary emergency nutrition benefits loaded on P-EBT or EBT cards that are used to purchase food.

To be eligible for P-EBT benefits, students must qualify for free or reduced-price school meals under the [National School Lunch Program](#) and their school must meet other eligibility factors. For more information, visit PebtVA.com