

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

09.10.2021

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SCHOOL BUS SAFETY

STAY ALERT. KEEP THEM SAFE.

School is IN! Be aware of pedestrians, school bus stops, and children near roads.

See more: <https://at.virginia.edu/hB4DD9>



OCCUPATIONAL HEALTH & SAFETY

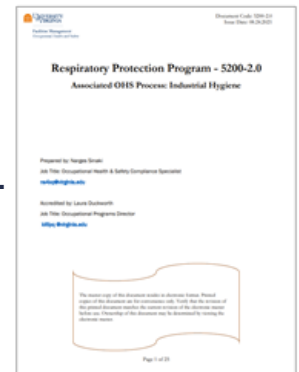


When **effective engineering controls** are not feasible, or while they are being instituted, appropriate respirators must be used. The Occupational Safety and Health Administration (OSHA) has established a standard, **29 CFR1910.134 Respiratory Protection** for regulating the use of respiratory –protective equipment.

FM-OHS has implemented the **FM Respiratory Protection Program** to comply with the OSHA standard and to eliminate or minimize UVA FM employee exposure to hazardous airborne contaminants while performing work assignments.

See the FM Respiratory Protection Program: <https://at.virginia.edu/Ntupzv>

FM Groups in the FM Respiratory Program



- | | |
|---|---|
| • CC &R Masonry | • HSPP Renovations Masonry |
| • CC &R Plasterer | • HSPP Renovations Carpentry |
| • CC &R Cabinet Shop | • HSPP Zone 1 South HVAC |
| • CC &R Carpentry | • HSPP Zone 1 South Plumbing |
| • FP&C Academic | • HSPP Zone 1 South Electrical |
| • E&U Heat Plants | • HSPP Zone 1 South Floor Support |
| • E&U Chiller Plants | • HSPP Zone 1 Access Control |
| • Central Grounds Zone Carpentry | • HSPP Zone 1 North Mechanical |
| • Fire/Life Safety Academic/Health System | • HSPP Zone 2 HVAC |
| • SW McCormick Custodial | • HSPP Zone 2 Mechanical |
| • Newcomb Custodial MGMT | • Health System Deputy Director of Operations |
| • FM-OHS | |

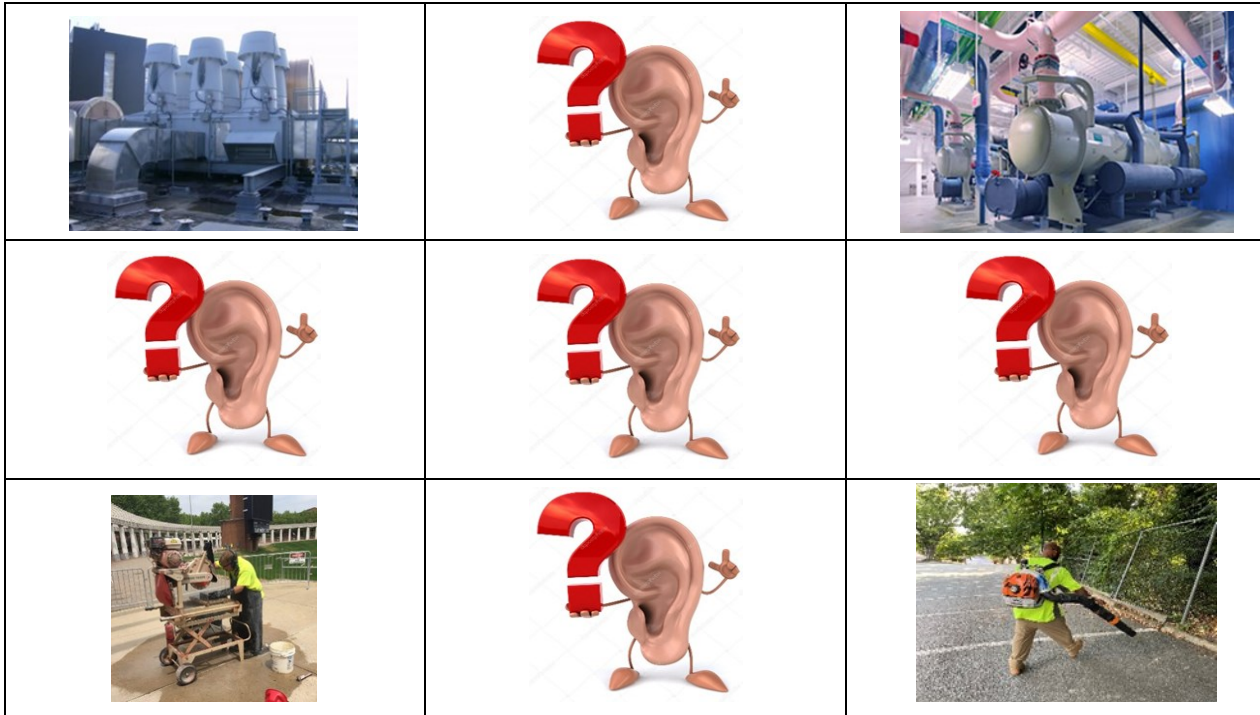
Talk to your supervisor and verify your respirator use status:

- ⇒ If you need to enter the FM Respiratory Protection Program, complete the **Respirator Use Information Form**: <https://at.virginia.edu/S05oEo>
- ⇒ If you need to exit the FM Respiratory Protection Program, complete the **Respiratory Protection Program Exit Form**: <https://at.virginia.edu/Ln19kP>

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 was 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

REMINDERS

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

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

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

**WORKPLACE
SAFETY REMINDER**

Allow new and returning workers to gradually increase work as they acclimatize to heat.

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/22hJX0>




WORK SAFELY!

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



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

- | | |
|--|---|
| • R0024783 HVAC Mechanic | • R0027143 Fire Systems Technician |
| • R0025028 HVAC Senior Assistant | • R0026803 Custodial Services Supervisor, Evening Shift, North Grounds Zone |
| • R0026239 Occupational Health and Safety (OHS) Manager | • R0024318 Custodial Services Supervisor, Evening Shift |
| • R0027779 Arborist | • R0027152 Custodial Services Supervisor, Housing |
| • R0028039 Electronic Pneumatic Tube System Technician | • R0026228 Director of Alumni Engagement |
| • R0028183 Trade Utility Senior Worker, West Grounds | • R0026554 Drywall/Plasterer - CC&R |
| • R0028248 Senior Landscape Architect | • R0026830 Geospatial Space Analyst |
| • R0028077 Custodial Services Worker | • R0027271 IT Help Desk Specialist (Staff Wage) |
| • R0024363 Facilities Inspector | • R0026697 Custodial Services Worker |
| • R0027977 IT Desk Support (Student Wage) | • R0026402 Electrician |
| • R0027823 High Voltage Electrician | • R0026377 Custodial Services Worker, Day and Night Shift |
| • R0025382 Plumber | • R0026920 Electrician, West Grounds |
| • R0025264 Senior HVAC Mechanic - Four Days On, Four Days Off (Day or Night Shift) | • R0026856 Senior Welder for Utility Systems |
| • R0025247 Environmental Remediation Tech | • R0026400 Trades Utility Senior Worker |
| • R0027588 Logistics Coordinator | • R0025990 HVAC Mechanic, Central Grounds |
| • R0026550 Mason - CC&R | • R0024978 Landscape & Grounds Worker |
| • R0026545 Sheet Metal Technician - CC&R | • R0025776 Occupational Programs Coordinator |
| • R0022915 Trades Utility Senior Worker | • R0026426 Project Coordinator - CC&R |
| • R0025875 Landscape Plant Health Specialist | • R0025447 Carpenter Supervisor |
| • R0025941 Fleet Ambassador (Staff Wage) | • R0025857 HVAC Operations Engineering Technician |
| • R0027307 Senior HVAC Mechanic | • R0025441 Plumber |
| • R0027459 Associate Director for Utility Systems Distribution | • R0025551 Roofer |
| • R0027440 Electrician - CCR | • R0020254 Space Project Manager |
| • R0027431 Electrician Supervisor - CCR | • R0024368 Computer Help Desk Tech (Student Wage) |
| | • R0022674 HVAC Mechanic |

DIVERSITY, EQUITY & INCLUSION

9/11: 20 Years Later

This year marks the 20th anniversary of the 9/11 terrorist attacks, which claimed the lives of 2,977 people and injured thousands more at the World Trade Center, the Pentagon, and in Somerset County, Pennsylvania.

To commemorate the solemn occasion, UVA Today is highlighting stories that show how this momentous event in U.S. history intersects with the University of Virginia and the extended University community.



Read the stories here: <https://news.virginia.edu/content/remembering-911>

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>

September is Hispanic Heritage Month

Join local non-profit [Sin Barreras - Building a Community Without Barriers](#) to celebrate at the IX Park in Charlottesville on Saturday, September 18th at 7pm with live performances by Kadencia and Lua Project.



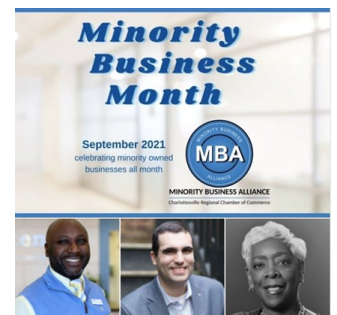
All are welcome. Learn more:

<https://at.virginia.edu/5jOHlj>

September is Minority Business Month

Charlottesville's Minority Business Alliance will be celebrating local minority businesses all month. Check out their website and social media for weekly news about MBA members, Endurance Fund grant awards, and the announcement of the 2021 John F. Bell Sr. Vanguard Award recipient. To kick off the month, Andrea Copeland shares the story of the MBA leadership team – Quinton Harrell, Kaye Monroe and Alex Urpí – and their dedicated service over the past two years.

Read more: <https://at.virginia.edu/NqqL2e>



More from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION

Rosh Hashanah & Yom Kippur 2021

Rosh Hashanah, or Jewish New Year, was celebrated this year from sundown on September 6, 2021, through sundown on September 8, 2021.

The two-day observance commemorates the creation of the world. It also marks the beginning of

the Days of Awe. This 10-day period, which ends with Yom Kippur, is a time to reflect on the past year.

Unlike the New Year celebrations in January, Rosh Hashanah, which means "head of the year," is a quiet and reflective holiday. Observers attend special synagogue services where they sing songs, listen to readings from holy Jewish texts, and recite prayers from the special prayer book, the machzor.

Perhaps the most important element of the holiday is the ceremonial sounding of the shofar — a trumpet typically made from a ram's horn. Following the religious service, observers return home for a delicious meal, which incorporates many symbolic foods. A round loaf of challah represents the circle of life, while apples and honey stand for good health and happiness in the upcoming year.

The 10 Days of Awe end with Yom Kippur, or the Day of Atonement. This year, the holiday will be observed from sundown on **September 15 through sundown on September 16, 2021.** Considered the holiest day in the Jewish calendar, it is spent in continuous prayer at the synagogue. Jews do not work or go to school on this day. Many also fast for 25 hours, don white clothing, and refrain from wearing make-up, perfume, or leather shoes. Yom Kippur ends with a joyous celebration and a breaking of the fast.

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

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>

HAPPY NEW YEAR
2021 - CELEBRATING
ROSH HASHANAH
& YOM KIPPUR

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 with any symptoms
- 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

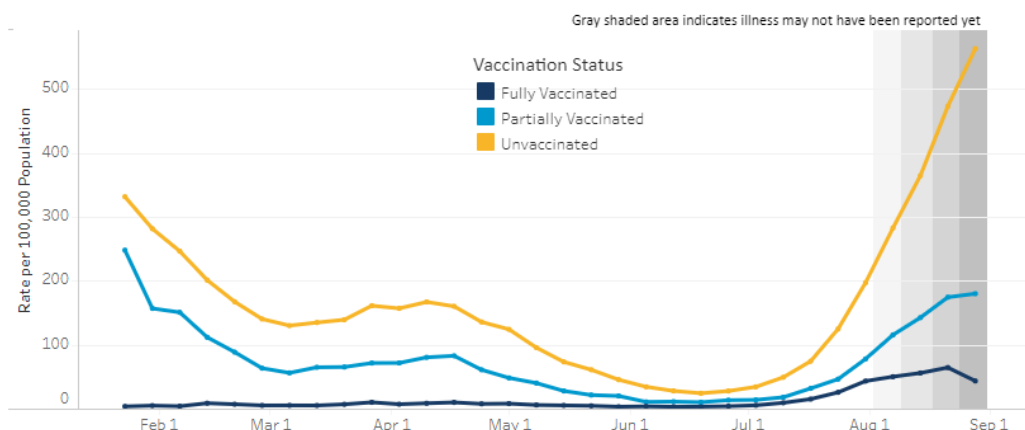
Third doses of COVID vaccines should be the same manufacturer (Pfizer for ages 12+ or Moderna for ages 18+) as the previous two doses when possible, but this is not required. Additional doses are not approved for individuals who received Johnson & Johnson vaccines.

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 & 8/28/2021, unvaccinated individuals developed COVID-19 at a rate 9.2 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

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.**

Individuals can schedule a free COVID-19 test with BRHD by calling the hotline below:

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://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

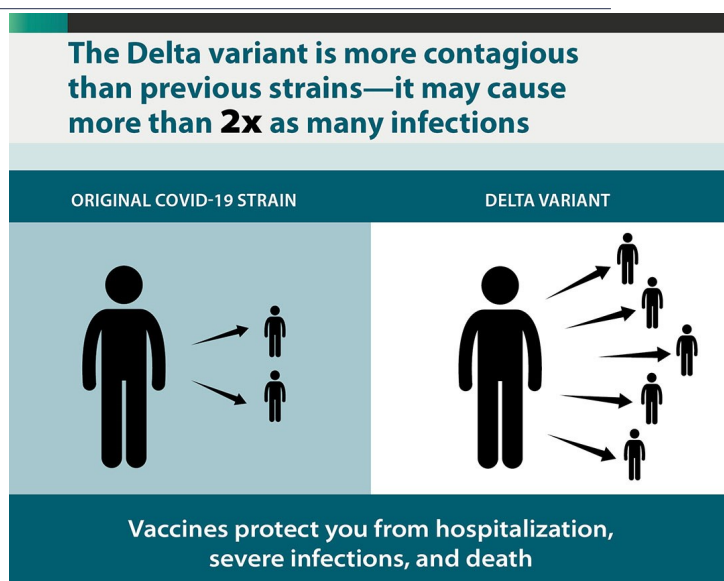
to help you find available vaccination clinics near you, answer questions about vaccination and other COVID-19 topics, and more.

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.



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 10: World Suicide Prevention Day

September 11: Patriot Day

**September 12: National Chocolate Milkshake
Day**

September 13: Positive Thinking Day

September 14: Hug Your Hound Day

September 15: Yom Kippur

September 16: Collect Rocks Day

September 17: National Apple Dumpling Day