

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

09.17.2021

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*and as always,
Reasons to Celebrate!*

REMINDER: There are Upcoming Vaccination Deadlines for Academic Employees Covered by Policy OCH-002

Employees covered by [UVA Health Policy OCH-002](#) (or anyone whose work environment requires them to be present in the UVA Health facilities), **must be mindful of the upcoming vaccination deadlines:**

- **September 20:** Deadline for the **first dose** of a Moderna vaccine
- **September 27:** Deadline for the **first dose** of a Pfizer vaccine
- **October 18:** Deadline to receive the **final dose** of a Pfizer or Moderna vaccine, a single dose of the Johnson and Johnson vaccine, OR have an approved exemption.

[Make your plan to get vaccinated >>>](#)

DIVERSITY, EQUITY & INCLUSION

LGBTQ Student Services

The LGBTQ Center currently offers three workshops for University faculty, staff, students, and community members who are committed to learning more about LGBTQ+ advocacy.

Safe Space Foundations

This is a **2.5 hour** interactive training that includes a discussion of LGBTQ+ terminology, activities on privilege, and practicing allyship. Topics include sex, gender, and sexual/romantic orientation and a conversation on effective allyship. This is a great workshop for those who are just beginning their understanding of LGBTQ+ identity, for those who are hoping to refresh/deepen their commitment to advocacy, and even for those who are looking for an opportunity to reflect on their own identities and experiences.

A Primer on Pronouns

This is a **1 hour** training that details the "What?" "How?" and "Why?" of gender pronouns. Participants will have the opportunity to practice using various gender pronouns and discuss different ways to thoughtfully use pronouns.

Trans*itioning

This is a **1.5 hour** training that details different aspects of the transitioning process for transgender, non-binary, and gender non-conforming folks, including social, medical, and legal transition. This training might be useful for someone considering different aspects of their own transition, or for advocates and allies who are looking to support transitioning friends/family/colleagues. **It is highly recommended that participants complete the Safe Space Foundations workshop before attending this training.**

FALL 2021 OPEN WORKSHOPS

Register: <https://at.virginia.edu/WIFOPP>

Safe Space Foundations

- Thursday, September 23rd, 4:30-7pm
- Monday, October 25th, 4-6:30pm

A Primer on Pronouns

- Thursday, September 30th, 11am-12pm (VIRTUAL)
- Friday, November 12th, 2:30-3:30pm

Trans*itioning

- Wednesday, October 13th, 5-6:30pm
- Tuesday, October 30th, 3:30-5pm

Request a private, virtual training session for your department, organization, or business here: <https://at.virginia.edu/LB4iTk>

OCCUPATIONAL HEALTH & SAFETY

PROTECT YOUR HEARING!

When you cannot avoid exposure to loud noises, make sure to wear a proper Hearing Protection Device (HPD) correctly.



Here are some equipment/areas at UVA Facilities Management that may expose you to loud noise:

- Chainsaws
- Woodchippers
- Backpack gas leaf blowers
- Electric leaf blowers
- Hedge trimmers
- Weed eaters
- Different types of power saws
- Some kinds of drills: impact drills, handheld drills, and hammer drills
- Grinders
- Compactors
- Diesel generators
- Chiller Plant
- Heat Plant
- Mechanical Rooms

When to request Noise Sampling:

- If you find yourself speaking loudly or shouting so people an arm's length away can hear you.
- The noise hurts your ears.
- Your ears buzz or ring during the noise or after the noise goes away.

Email FM-OHS@virginia.edu to schedule noise sampling and protect your hearing!

REMINDER: INSPECT LADDERS & DISPOSE OF UNSAFE ONES PROPERLY

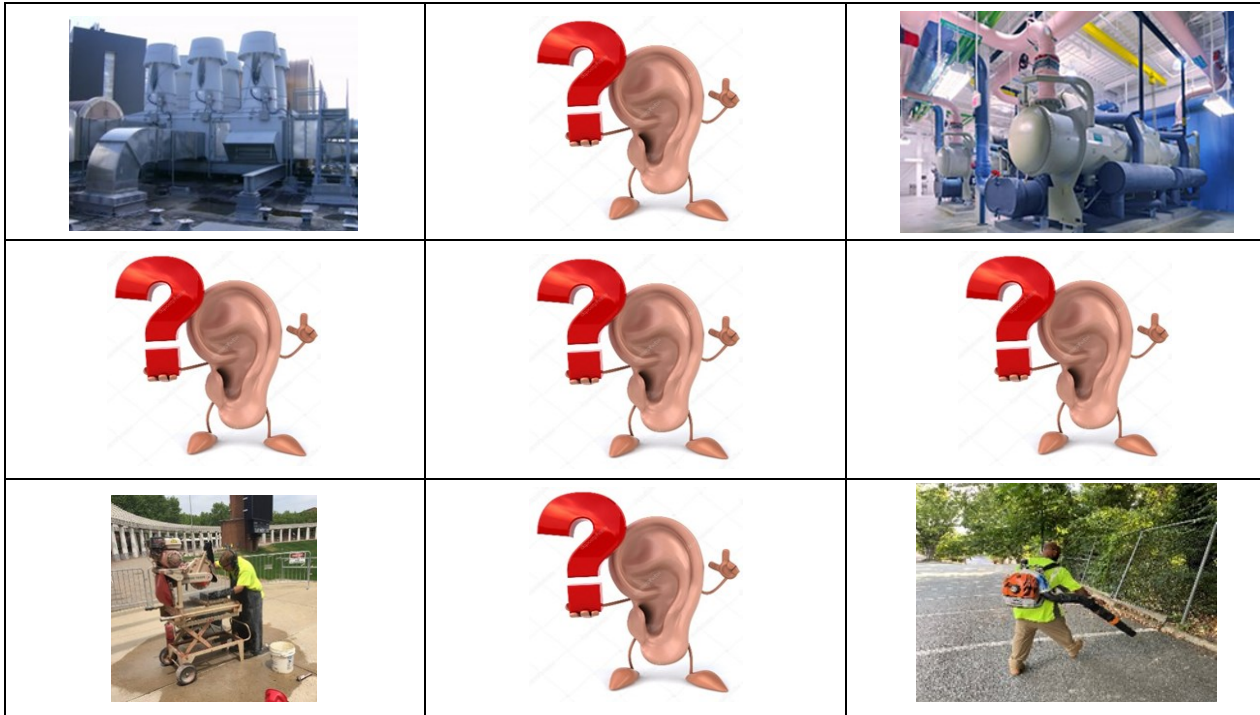
UVA FM Ladder Inspection Guidance: <https://at.virginia.edu/gBhWIH>

If a ladder does not pass its inspection and is deemed unusable, please take it to the [UVA Recycling Building](#) on Leake Drive. If you have any questions about ladder disposal, please contact Vic Martin: 434-566-7020 or vem8n@virginia.edu

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

According to the CDC, construction trades have the highest rates of suicide. Everyone has to work together to help each other out. A few signs of depression, and possibly suicidal thoughts to look out for are:

- Severe Sadness, mood swings, or unexpected rage.
- Hopelessness, feeling a deep sense of hopelessness about the future, and having the mindset that it will not improve.
- Sleep Issues.
- Sudden calmness after a period of depression.
- Withdrawing from friends or social activities that the person may have been fond of in the past.
- Dangerous or self-harmful behavior such as increased drug or alcohol use, reckless behavior could indicate that the person no longer values their life.
- Recent trauma or crisis



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

Contact UVA FEAP: uvafeap.com/

OCCUPATIONAL HEALTH & SAFETY

MAKE A PLAN FOR EMERGENCIES



In an email on September 10, UVA EVP J.J. Davis and Chief of Police Timothy Longo encouraged the UVA community to take 3 minutes to make a plan in case of an emergency. Here are their tips:

How will I know if there's an emergency?

- Students, faculty, staff, and UVA Health team members with an active @virginia.edu email will automatically receive an email from UVA Alerts.
- To receive a text message, add your mobile phone to your UVA Alerts account. You may add family or friends, too: <https://uvaemergency.virginia.edu/uva-alerts>
- If [Alertus Desktop Notification](#) is installed on your desktop/laptop and your computer is connected to the UVA network you will receive a desktop alert.
- If you are in a classroom or public space, you may hear a tone and see an alert message on an LED screen.
- If you are outdoors, you may hear a siren and public address announcement.
- The emergency alert will be posted on [UVA's homepage](#) and [emergency page](#) and on Twitter at [@UVA_EM](#) and [@UVAPolice](#).



How should I evacuate?

- Leave by the nearest safe and accessible exit. Make a habit of noticing exits in your surroundings; windows may be escape routes.
- Never use an elevator.
- Take personal belongings, but do not delay.
- If outdoors, assemble in your designated building evacuation location so you can be accounted for and receive updates.
- Find the designated [building evacuation locations](#) for your University office buildings/classrooms and residence halls.
- Follow the directions of police and fire responders.
- If you are unable to exit, move to a designated area of refuge and alert someone of your location.

How should I shelter in place?

- Evaluate the situation and choose the most appropriate shelter. For example:
 - Tornado – go to the lowest interior space away from windows.
 - Violence – find a secure, enclosed space, behind solid objects and away from doors.
- Remain sheltered until you are instructed to leave.
- If you can, [monitor UVA Alerts](#) for updated information.

Academic Division employees should view and print the [Emergency Procedures Poster](#).

For more information or emergency response training, email uvaem@virginia.edu.

Source: <https://uvaemergency.virginia.edu/resources/faculty-staff>

OCCUPATIONAL HEALTH & SAFETY

Bernie says! BEE AWARE OF CONFINED SPACES

Occupational Health & Safety **CONFINED SPACES –** **Evaluating Your Workspace:**

IS THE SPACE:

- large enough to enter and perform work,
- limited or restricted on entry and/or exit, and
- not designed for continuous worker occupancy?

YES

CONFINED SPACE

Hazardous Atmosphere, or
Engulfment Hazard, or
Configuration Hazard, or
Any other recognized serious hazard?

YES

**PERMIT-REQUIRED
CONFINED SPACE**

NO

**NOT A
CONFINED
SPACE ✓**

NO

**NON-
PERMIT-
REQUIRED**

Questions? Email
FM-OHS@virginia.edu

→ 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

→ 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's 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.

SOME CONFINED SPACES AT UVA:



OCCUPATIONAL HEALTH & SAFETY

REMINDERS

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

Visit

<https://at.virginia.edu/8oN7aG>
to learn more about this one.

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

WORKPLACE

SAFETY REMINDER

Don't wait, plan ahead for extreme weather events.

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. Learning about benefits changes can be fun! Watch this short video by ALEX about your benefits changes for 2022: <http://myalex.com/uva/sneakpeek>

Two virtual presentations are scheduled for FM employees: Mark your calendar now for **September 22, 1-2:30 PM** and **October 4 1-2:30 PM**

Learn more: <https://hr.virginia.edu/benefits/oe2022>



WORK SAFELY!

A yellow graphic with a grid pattern. On the left, the text "SPEAK UP!" is written vertically in large, bold, yellow letters. In the center, the text "SAY NO TO" is in large, bold, dark blue letters, followed by "UNSAFE WORK PRACTICES" in white letters on an orange banner. Below this, the text "NOTIFY YOUR SUPERVISOR, FILL OUT A NEAR MISS FORM OR CALL FM-OHS AT 434-297-6379" is in bold, dark blue letters. A QR code is located in the bottom right corner of the graphic.

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

Upcoming Training Opportunities

Liberating Structures: Unleashing the Power of Groups for Better Results 10/8, 9:30-11:30a

Learn how to use the tools of Liberating Structures to advance the work of any group. These approaches promote engagement, inclusion, and collaboration to achieve your meeting purpose and organizational goals.

Register: <https://at.virginia.edu/2DyrthH>

UVA Talent Development - Team Building 9/30, 1:30 – 4:30p

This webinar focuses on the ten characteristics of healthy and high performing teams and what managers can incorporate into their leadership practices to build cohesion around organizational goals and objectives.

Register: <https://hr.virginia.edu/events/team-building-09302021>

UVA Healthy Minds @ Work 9/14–10/14

Healthy Minds @Work is evidence-based, built from decades of neuroscience, easy to follow, and designed to fit easily into your daily life. It is a step-by-step habit-formation process to train the mind in four skills of well-being through podcast-style lessons, guided meditations, and practices to address specific needs like sleep, stress, and more. Learn how you can join your teammates in developing a meditation habit that actually sticks and that can benefit you both at work and in your personal life in only 5–10 minutes a day.

Register: <https://hr.virginia.edu/wellness/emotional-well-being/healthy-minds-work>

Questions on these trainings should go to AskHR@virginia.edu

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

- | | |
|-------------------------------------------------------------------------|--------------------------------------------------------|
| • R0028140 Recycling Supervisor | • R0028409 Custodial Services Worker, Evening Shift |
| • R0025247 Environmental Remediation Tech | • R0024783 HVAC Mechanic |
| • R0025264 Senior HVAC Mechanic - 7AM-5:30PM, M - Th | • R0025028 HVAC Senior Assistant |
| • R0028560 Custodial Services Worker, Part-Time Day Shift, Central Zone | • R0027779 Arborist |
| • R0025318 Recycling Program Coordinator | • R0028039 Electronic Pneumatic Tube System Technician |
| • R0028501 Custodial Services Worker, Central Zone | • R0028183 Trade Utility Senior Worker, West Grounds |
| | • R0028248 Senior Landscape Architect |

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0028077 Custodial Services Worker Housing
- R0024363 Facilities Inspector
- R0027977 IT Desk Support (Student Wage)
- R0027823 High Voltage Electrician
- R0025382 Plumber
- 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)
- 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,
- 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
- R0026856 Senior Welder for Utility Systems
- R0026400 Trades Utility Senior Worker
- R0024978 Landscape & Grounds Worker
- R0025776 Occupational Programs Coordinator
- R0025439 Administrative Support Specialist
- R0025447 Carpenter Supervisor
- R0025441 Plumber
- R0025551 Roofer
- R0020254 Space Project Manager
- R0024368 Computer Help Desk Tech (Student Wage)
- R0022674 HVAC Mechanic

UVA FACULTY AND EMPLOYEE ASSISTANCE PROGRAM EVENTS

Trainable Skills of Well-Being

A rewards-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.

September 21, Noon-1:00 PM

CONNECT FOR SUPPORT - Employee 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.

October 5, Noon-12:30 PM. Sessions occur the first Tuesday of each month.

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

COVID-19 RESOURCES

ANSWERING KEY QUESTIONS ABOUT COVID-19 AT UVA

University of Virginia medical experts shared an update on issues related to the COVID-19 pandemic with the University community on Wednesday, September 15. The message addressed questions regarding prevalence testing, vaccination rates, safe gatherings and the likelihood that UVA might either tighten or relax its guidance and practices in the months ahead. The message reiterates:

- **93% of the UVA community are fully vaccinated!** Schedule yours: <https://vaccinate.virginia.gov/>
- **If you have any symptoms, contact Employee Health immediately:** 434-924-2013
- **If you are a close contact or have a household member test positive for COVID-19,** contact Employee Health for guidance: 434-924-2013
- Unvaccinated people should wear masks any time they are around other people and take extra precautions to avoid crowded spaces or other environments where there is increased risk of transmission.
- **Everyone is strongly encouraged to get a flu vaccine** once it is available.

Source: <https://news.virginia.edu/content/answering-key-questions-about-covid-19-uva>

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 indoor and community settings when physical distancing cannot be maintained and where required.

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

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

COVID-19 RESOURCES

TESTING RESOURCES/PREVALENCE TESTING FOR UVA FM EMPLOYEES

- **UVA-required prevalence testing for unvaccinated employees: 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 have had COVID-19, you are exempt from testing for **150 days** after your positive test.
- **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 think you have been exposed, OR someone in your close contacts or household has symptoms,** reach out to Employee Health for testing and/or guidance at 434-924-2013.
- If you are **not experiencing symptoms**, but would like to test for peace of mind:
 - Let's Get Checked at-home kit—this test will not satisfy UVA's prevalence testing requirements for unvaccinated employees: <https://at.virginia.edu/oAkYIE>
 - UVA Asymptomatic Saliva Testing, details listed above.

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

[If you are interested in COVID-19 testing for a family member or non-UVA employee >>>](#)

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

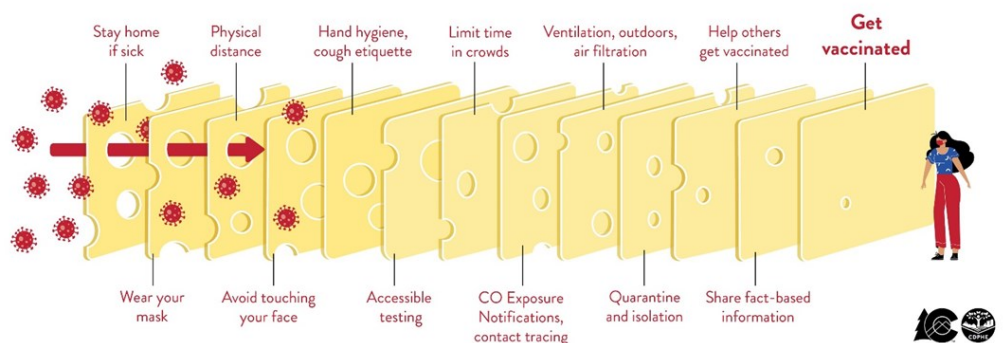
Using public transportation (UTS, other buses, taxis, rideshares, etc.)

- In the **Shoe Truck**

- Consider wearing a face cover outside of work **during activities or outings with others who are not fully vaccinated.**

THE SWISS CHEESE MODEL OF COVID-19 PREVENTION

We need multiple layers of defense to stop the spread of COVID-19. Some layers have fewer holes than others, but the more layers we add, the safer we'll be.



COVID-19 RESOURCES

THIRD DOSES AND BOOSTER SHOTS

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

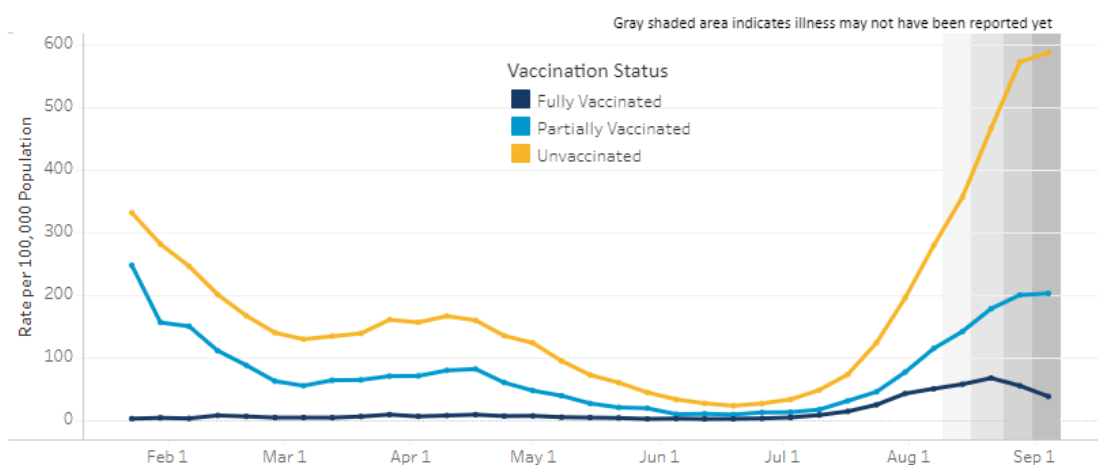
	<u>Pfizer-BioNTech</u> <u>[Español]</u>	<u>Moderna</u> <u>[Español]</u>	<u>Johnson & Johnson</u> <u>(Janssen)</u> <u>[Español]</u>
Available for ages	12+	18+	18+
How many shots are needed?	Two shots, 21 days apart	Two shots, 28 days apart	One shot
When will I be fully vaccinated?	14 days after your second shot	14 days after your second shot	14 days after your second shot
Is an additional dose recommended?	Yes, for some individuals who have a weak immune system	Yes, for some individuals who have a weak immune system	Not at this time
Authorization status	FDA Approved	Emergency Use Authorization	Emergency Use Authorization

Source: <https://www.vdh.virginia.gov/covid-19-vaccine/>

Immunocompromised? How to get a 3rd Dose

Third doses through BRHD are by appointment only which can be found online at [BlueRidgeHD.org](https://www.bridghehd.org) or calling the hotline at 434-972-6261.

COVID-19 Case Rates in Virginia by Vaccination Status



Between 1/17/2021 & 9/4/2021, unvaccinated individuals developed COVID-19 at a rate 8.5 times higher than fully vaccinated and 2.4 times higher than partially vaccinated individuals.

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

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>

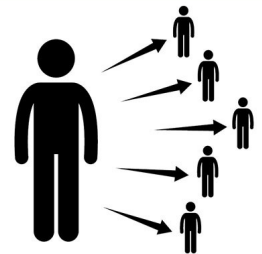
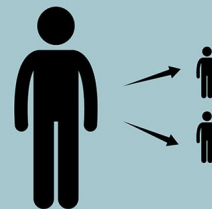
THE DELTA VARIANT: WHAT WE KNOW

- **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.

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

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/>



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 17: National Pet Bird Day

September 18: National Respect Day

September 19: Talk Like a Pirate Day

September 20: Sukkot

A Jewish holy week to commemorate the flimsy dwellings that ancient Israelites were forced to live in following their exodus from Egypt.

September 21: International Day of Peace

September 22: Fall Equinox

**September 23: International Day of Sign
Languages**

September 24: World's Biggest Coffee Morning