

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

10.01.2021

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*and as always,
Reasons to Celebrate!*

Let Us Know

You can always email FM-OHS@virginia.edu if you have suggestions or story ideas, but now there's a new way to get in touch:

“Let us know” by answering a few quick questions:

<https://at.virginia.edu/j9TpnP>

Thank you for your input!

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- What we know about the Delta variant

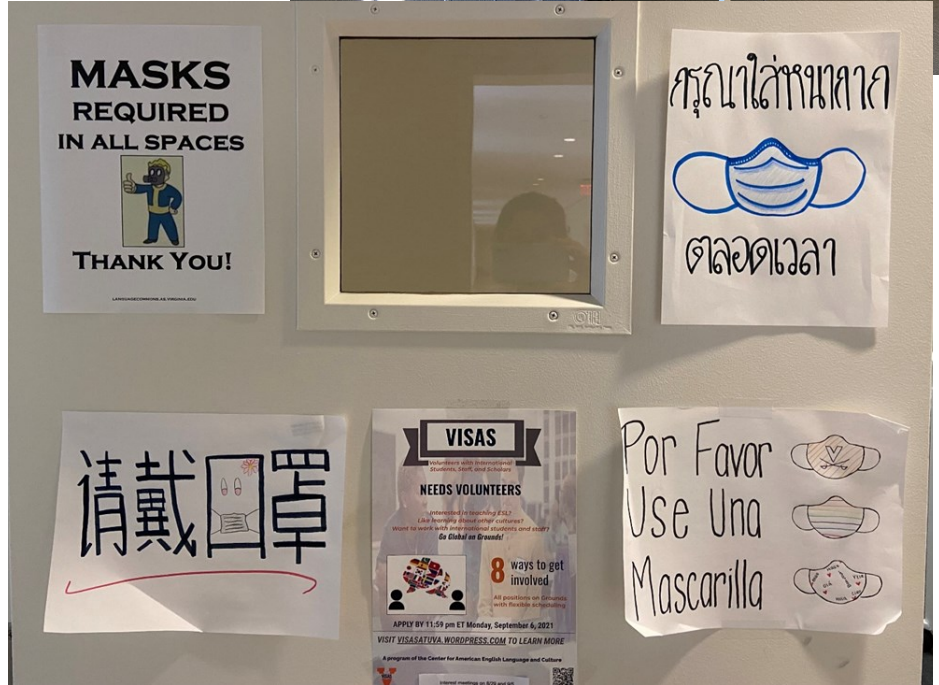
DIVERSITY, EQUITY & INCLUSION

English Language Learners Kickoff

FM English Language Learners (ELL) classes kicked off this week with 12 learners. Check out the cool translated signs on the Language Commons door! ELL classes will continue until the first week of December.

Best wishes to all the learners this session!

If you or your employees are interested in the next session of ELL, email FM-DEI@virginia.edu.



UPCOMING EVENTS

Film: Five Years North

Friday, October 1, 2021, 6:30 PM
Where: Light House Studio at Vinegar Hill (220 W Market Street) & Live-streamed

Register:

<https://at.virginia.edu/UZBcR4>

The University of Virginia Center for Politics, in partnership with Optimist, presents an exclusive in-person and online screening of their new PBS Feature Documentary, "Five Years North". **The film's Executive Producer Larry J. Sabato, who is the director of the UVA Center for Politics, will introduce the screening. The screening will be followed by a conversation with the ICE officer who appears in the film and UVA Center for Politics resident scholar and former Virginia state Del. David Ramadan.**

Five Years North is the coming-of-age story of Luis, an undocumented Guatemalan boy who just arrived in New York City. He struggles to work, study, and evade Judy – the Cuban-American ICE officer patrolling his neighborhood.

The film is intimate and observational — following Luis, Judy, and Luis' family back in Guatemala for more than three years to provide a fresh and valuable entry point to understanding America's immigration system. It was called "A compelling look at two disparate lives" by The Hollywood Reporter. "The film is a tear jerker," said Sabato. "It's easy for politicians to say 'build a wall' because they look no further than what they think their voters want to hear. This film reminds us what the conveniently politicians forget, that every public policy has unintended consequences that impact the lives of real people."

The film had its theatrical premiere at Film Forum in New York City in May, won the Grand Jury Prize at DOC NYC Film Festival, Grand Jury Prize at Flickers' Rhode Island Film Festival, and was a finalist of the Alfred I. duPont-Columbia Award for Outstanding Journalism.

— For the in-person screening, proof of vaccination is required —

For more information contact Glenn Crossman: GAC4T@virginia.edu or 434.243.3540

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

- Monday, October 25th, 4-6:30pm

A Primer on Pronouns

- 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.

Hearing Protective Devices (HPDs) are required when noise level is at or above 85 decibels (dBA).



Different Types of HPDs:

- Ear Plugs
- Ear Muffs



When double protection is required to reduce noise level below 85dBA you can wear earplugs and earmuffs.

Steps to wearing the proper Hearing Protection Device correctly:

1. Select the right type of HPD.
2. Inspect the selected HPD before use.
3. Wear the selected HPD correctly.
4. Check the fit.
5. Keep HPDs clean and ready to use.
(Disposable/single-use earplugs are excluded.)

HPD Selection Factors:

Like all personal protective equipment (PPE), one style may not fit everyone.

- Exposure to noise over the whole day
- Noise Reduction Rate (NRR) of an HPD
- Current hearing ability
- Need to communicate
- Physical constraints of work activity
- Other PPE needed (glasses, hard hat)
- Temperature
- Climate
- Anatomical differences (Everyone is different so one type may not fit everyone.)

Learn more >>>

All hearing protection devices **MUST** have a Noise Reduction Rating (NRR)

- Maximum protection most users can obtain when HPD is worn
- Determined by manufacturer

| | |
|--|---|
| Noise Reduction Rating | 30 DECIBELS WHEN USED AS DIRECTED |
| THE RANGE OF NOISE REDUCTION RATINGS FOR EXISTING HEARING PROTECTORS IS APPROXIMATELY 0 TO 30. (HIGHER NUMBERS DENOTE GREATER EFFECTIVENESS) | |
| Howard Leight Industries San Diego, CA 92154 LPF-1 is made in USA LPF-30 is made in Mexico | |
| MODEL NO. LPF | |
| Federal law prohibits removal of this label prior to purchase | EPA LABEL REQUIRED BY U.S. E.P.A. REGULATION 40 CFR Part 211, Subpart B |

REMEMBER: Actual noise reduction is LESS THAN HALF of the listed NRR.

WHY???

- NRR is determined in a laboratory under best conditions.
- NRR is measured using the "C" scale but noise level in industry is taken using the "A" scale.
- In order to convert the C-weighted NRR to the "A" scale, 7dB must be subtracted from the NRR.

So, actual NRR for this HDP is 11.5:

$$30 - 7 = 23$$

$$23 / 2 = 11.5$$

OCCUPATIONAL HEALTH & SAFETY

PROTECT YOUR HEARING! (CONTINUED)



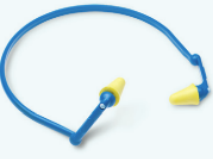

Like all PPE, HPD's require training on proper use in order to properly protect you. Requirements on HPD's are important to remember because most people do not use them properly. This results in:

- Exposure to noise with less or no protection.
- A false sense of confidence can lead you to you expose yourself to louder areas thinking that you are protected.



There are many hearing protections options. **ALWAYS** read and follow the manufacturer's user instructions.

The most common types of HPDs at FM:

| HPD | How to Use | Check Fit | Care & Cleaning |
|---|--|--|--|
| Foam Plugs  | <ol style="list-style-type: none"> 1. Slowly roll and compress foam plugs into a very thin crease-free cylinder. 2. Reach around the back of your head and pull the ear outward and upward with opposite hand. 3. insert plugs well into the ear canal. | With earplugs inserted, cup your hands over your ears and release. <i>Earplugs should block enough noise so that covering your ears should not result in a significant noise difference</i> | Discard plugs after use |
| Premolded Plugs  | <ol style="list-style-type: none"> 1. Reach around the back of your head and pull outward and upward on the ear with opposite hand 2. Adjust for best noise reduction (All tri-flanges need to be inserted) | Pull stem gently. If removed easily, repeat fitting. With earplugs inserted, cup your hands over your ears and release <i>Earplugs should block enough noise so that covering your ears should not result in a significant noise difference</i> | Wash them in warm soapy water and rinse well. When dry, store them in a carrying case. |
| Banded Plugs  | <ol style="list-style-type: none"> 1. Position band under chin then insert tips into ear canal opening 2. Press band inward to help tips seal tightly in ear canal opening | With earplugs inserted, cup your hands over your ears and release <i>Earplugs should block enough noise so that covering your ears should not result in a significant noise difference</i> | Wash them in warm soapy water and rinse well. When dry, store them in a carrying case. |
| Ear Muffs  | <ol style="list-style-type: none"> 1. Position earcups over ears 2. Adjust Hight of earcups so that they fully enclosed ears and seal tightly against the head | Cups must seal tightly around ears | Cushions can be cleaned with warm soapy water and rinsed thoroughly. Do not use alcohol or solvents. Replace cushions as needed. |

OCCUPATIONAL HEALTH & SAFETY

UVA SECURITY IS SEEKING FEEDBACK: NIGHT TOUR

The UVA Security and General Safety Committee is soliciting suggestions for its upcoming Fall Night Tour to be held in mid-October. During the Night Tour, committee members will walk areas around Grounds in darkness to assess physical safety conditions, particularly lighting, pathways, crosswalks, and emergency phones; and physical infrastructure hazards, such as sidewalks, stairs, or railings.

Fill out a short survey collecting suggestions and feedback on venues and/or issues to examine:

<https://at.virginia.edu/OF6oPI>

The survey also provides the opportunity to upload photographs, maps, or diagrams.

Responses to the survey will be accepted through Sunday, October 3rd.

More information about the Security and General Safety Committee, including contact information:

<https://safetyandsecurity.virginia.edu/organization/committees>

<https://safetyandsecurity.virginia.edu/night-tour-walk-dark>

If you have additional questions about this survey, please contact Tim Eckert, Office Manager and Special Assistant to the Chief of Police & AVP, Department of Safety & Security, at tre8g@virginia.edu.

DID YOU KNOW? FM PROVIDES PRESCRIPTION SAFETY GLASSES!

Protect your vision! The steps for requesting prescription safety glasses:

1. Make sure your eyeglasses prescription is less than 1 year old.
2. Have your supervisor or department purchaser email your prescription, shop & org #s, and PTAO to Jessie McGann in Procurement at jfm9n@virginia.edu
3. Jessie will respond with a voucher for Visionworks in Barrack's Road Shopping Center.
4. Redeem your voucher! Keep your eyes safe.



REMINDERS

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

Visit

<https://at.virginia.edu/AkbTwo>
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

Identify opportunities to get
vaccinated.

OCCUPATIONAL HEALTH & SAFETY

Bernie says!

BEE AWARE OF PERMIT-REQUIRED CONFINED SPACES

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.](#)

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 other 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:

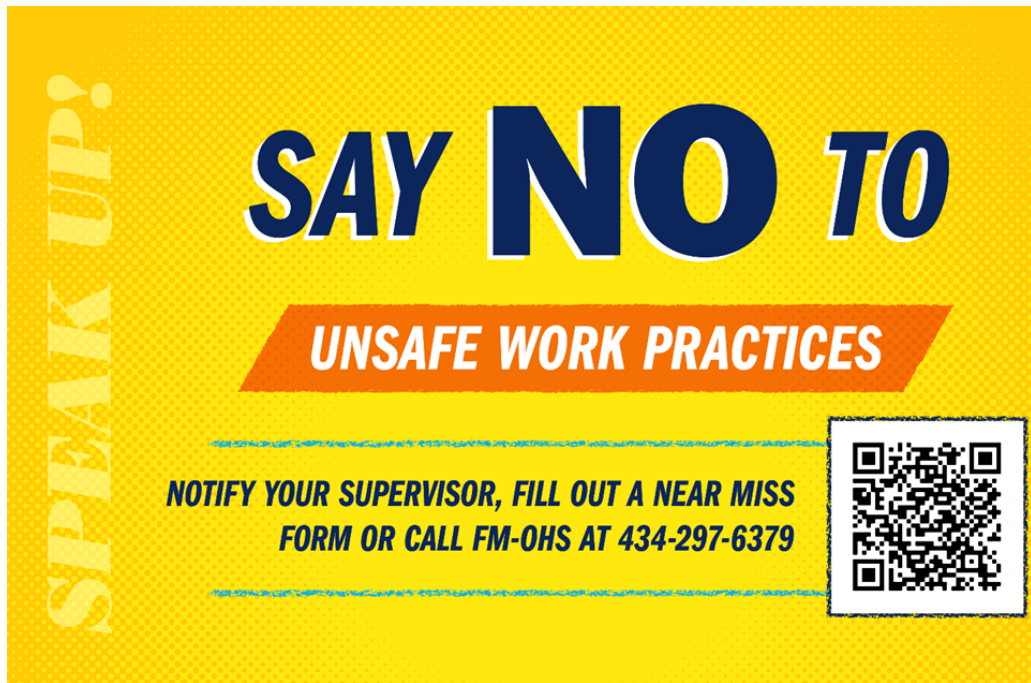
- ◆ Do not enter permit-required confined spaces without being trained and without having a permit to enter.
- ◆ Review, understand and follow employer's procedures before entering permit-required confined spaces and knowhow and when to exit.
- ◆ Before entry, identify any physical hazards.
- ◆ Before 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

SOME CONFINED SPACES AT UVA:



OCCUPATIONAL HEALTH & SAFETY

WORK SAFELY!



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](#).

APPRENTICESHIP

2021 COHORT BEGINS THEIR TRAINING

The newest apprenticeship class is starting their training for the first semester of the new 2+2 Program. This semester features safety training, including Fall Protection, Electrical, Lockout/Tagout, Confined Space, and Hoist and Rigging. As part of the [NCCER curriculum](#) the new training plan will include hands on training and proficiency evaluation for the apprentices. Safety is only one subject among many the latest class of apprentices will be taking.



UVA FM APPRENTICESHIP CELEBRATES 40 YEARS



DOLI Commissioner Ray Davenport, Apprenticeship graduates, who have made a 30+ year career at UVA FM, and Apprenticeship Program Manager Brian Shifflett, 2019.

2022 will mark the 40th year since UVA Apprenticeship was started at UVA FM. The program is a four-year career training path for individuals who are new to the workforce or are committed to a career shift. At the end of four years, apprentice graduates have journey-level knowledge and experience in their chosen trade. The UVA FM Apprenticeship Program is a federally Registered Apprenticeship Program with state oversight, was the first of its kind locally, and has served as a model for many others in our community.

OCCUPATIONAL TRAINING

Upcoming Training Opportunities

Strategic Thinking, Decision Making, and Delegation 10/6, 9:00-11:00 AM

How many times have you been a part of a "just get it done" experience where you were either the delegator or the delegate? How many times, in either role, were you faced with unmet expectations?

Based on the research of Dr. Brené Brown you will learn how to produce a better deliverable, connect individual contributions to a larger strategy, identify teaching moments, and offer space for feedback on a better way to get things done. You will also learn how to lean into tough conversations with curiosity rather than avoiding or tapping out. Register: <https://hr.virginia.edu/events/strategic-thinking-decision-making-and-delegation-10062021>

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

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 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>

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

- | | |
|--|---|
| • R0026554 Drywall/Plasterer - CC&R | • R0025941 Fleet Ambassador (Staff Wage) |
| • R0026550 Mason - CC&R | • R0028988 Senior Electrician, Newcomb Zone |
| • R0029183 Assistant Facilities Planner | • R0026697 Custodial Services Worker |
| • R0026402 Electrician | • R0028826 Finance Associate |
| • R0028857 HVAC Senior Assistant | • R0022674 HVAC Mechanic |
| • R0028653 Manager, Facilities | • R0025028 HVAC Senior Assistant |
| • R0028788 Space Manager, College and Graduate School of Arts & Sciences | • R0022915 Trades Utility Senior Worker |
| • R0028987 Geospatial BIM Project Manager | |

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0028140 Recycling Supervisor
- R0025247 Environmental Remediation Tech
- R0025264 Senior HVAC Mechanic - 7AM-5:30PM, M - Th
- R0028560 Custodial Services Worker, Part-Time Day Shift, Central Zone
- R0025318 Recycling Program Coordinator
- R0028501 Custodial Services Worker, Central Zone
- R0024783 HVAC Mechanic
- R0027779 Arborist
- R0028039 Electronic Pneumatic Tube System Technician
- R0028183 Trade Utility Senior Worker, West Grounds
- R0028248 Senior Landscape Architect
- R0028077 Custodial Services Worker
- R0024363 Facilities Inspector
- R0027977 IT Desk Support (Student Wage)
- R0027823 High Voltage Electrician
- R0025382 Plumber
- R0027588 Logistics Coordinator
- R0025875 Landscape Plant Health Specialist
- 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
- R0026830 Geospatial Space Analyst
- R0027271 IT Help Desk Specialist (Staff Wage)
- R0026377 Custodial Services Worker, Day and Night Shift
- R0026856 Senior Welder for Utility Systems
- R0026400 Trades Utility Senior Worker
- R0024978 Landscape & Grounds Worker
- R0025447 Carpenter Supervisor
- R0025441 Plumber
- R0025551 Roofer
- R0020254 Space Project Manager
- R0024368 Computer Help Desk Tech (Student Wage)

UVA FACULTY AND EMPLOYEE ASSISTANCE PROGRAM EVENTS

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.

REBOOT YOUR HEALTH AND WELL-BEING

Join this 6 week, highly engaging class via Zoom that will use the best strategies from Health Coaching and Positive Psychology to help identify and meet your personal goals. A commitment is needed to try to attend all six classes while understanding there may be vacation time.

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

OCCUPATIONAL TRAINING

Open Enrollment (OE)

UVA HR is officially launching Annual Benefits Open Enrollment on October 4. This is the time of year to review and make any changes to your benefits plans for the upcoming 2022 year.

Employees should review their current elections now, in advance of the official enrollment window of October 4–15, 2021 when changes must be made in Workday.

See the OE website for more details: <https://hr.virginia.edu/benefits/oe2022>.

Items of note:

- For 2022, UVA will not raise the cost of health, dental, or vision benefits for full-time employees.
- 2021 elections for FSAs and HSAs WILL NOT automatically carry over to 2022. You must log in and re-submit contributions.
- The maximum HSA contribution amount for individuals will be \$3,650; for families will be \$7,300. The “catch-up” contribution for employees age 55+ will remain \$1,000.
- To keep premiums, coinsurance, and copays the same for 2022, the out-of-pocket (OOP) maximum for Basic Health participants will increase and match the OOP maximum for Choice and Value participants.

In addition to the information online, there are many virtual opportunities to participate in a benefits presentation:

- **Zoom Sessions for FM Employees with Q&A:** No advanced sign up required, simply click the link on **Monday, October 4, 1:00pm–2:30pm** to join: <https://at.virginia.edu/wL4ZKH>
- **Virtual Open Enrollment Town Hall:** Register to attend this event being held on October 5th from 12:00pm-1:30pm. Sign Up: <https://at.virginia.edu/2ohUFz>

If you have questions, contact the HR Solution center at askHR@virginia.edu or 434-243-3344.

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.

[SEE VDH 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

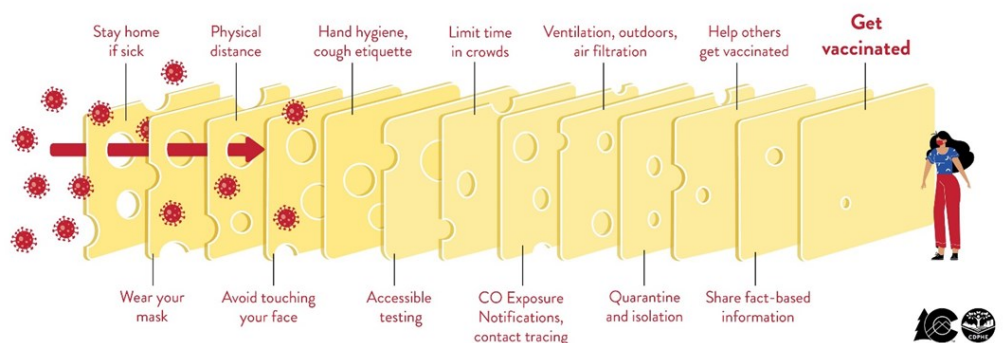
Using public transportation (UTS, other buses, taxis, rideshares, etc.)

- 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.

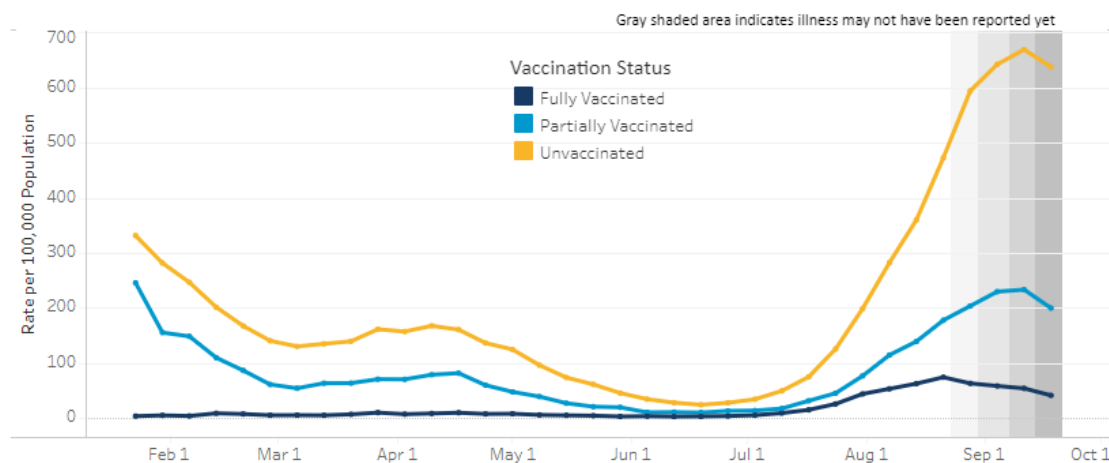
| | <u>Pfizer-BioNTech</u> <u>[Español]</u> | <u>Moderna</u> <u>[Español]</u> | <u>Johnson & Johnson</u> <u>(Janssen)</u> <u>[Español]</u> |
|---|--|---|---|
| Available for ages | 12+ | 18+ | 18+ |
| How many shots are needed? | Two shots, 21 days apart | Two shots, 28 days apart | One shot |
| When 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.blu ridgehd.org) or calling the hotline at 434-972-6261.

COVID-19 Case Rates in Virginia by Vaccination Status



Between 1/17/2021 & 9/18/2021, unvaccinated individuals developed COVID-19 at a rate 7.4 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://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.

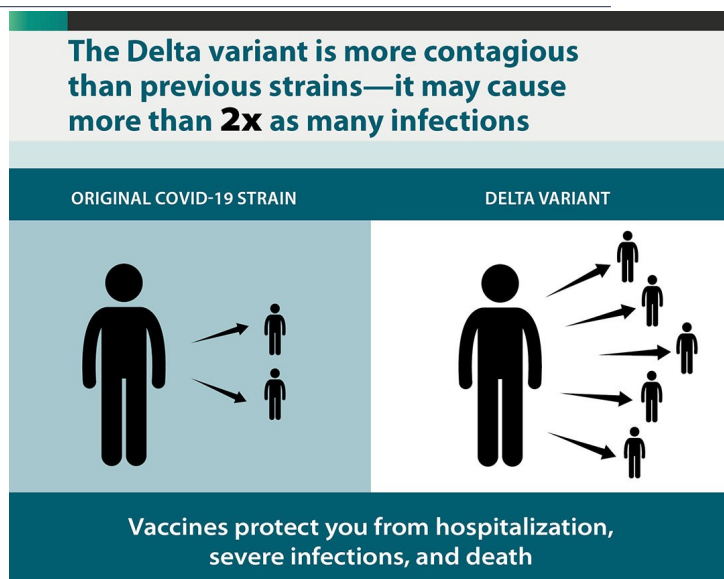
Open Monday-Friday
from 8 a.m. to 6 p.m.

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:** The greatest risk of transmission is among unvaccinated people who are much more likely to get infected, and therefore transmit the virus. Fully vaccinated people get COVID-19 (known as breakthrough infections) less often than unvaccinated people. People infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit the virus to others. CDC is continuing to assess data on whether fully vaccinated people with asymptomatic breakthrough infections can 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>





Reasons to celebrate are all around us!

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

October 1: International Coffee Day

October 2: National Custodian Day

October 3: National Unity Day

October 4: National Child Health Day

October 5: National Do Something Nice Day

October 6: World Cerebral Palsy Day

October 7: National Frappe Day

October 8: National Pierogi Day