

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

10.22.2021

In this issue:

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

OCCUPATIONAL HEALTH & SAFETY

- Get Your Flu Shot
- Protect Your Hearing!
- Did you know? FM Provides Prescription Safety Glasses
- Workplace Safety Reminders

OCCUPATIONAL TRAINING

- View & Apply: UVA FM Job Openings
- Upcoming Training Opportunities

DIVERSITY, EQUITY & INCLUSION

- Inclusive Excellence (IE) Team Appreciation and Update
- Congratulations to DEI team members!
- Virginia Film Festival
 - Black Excellence Series
 - Women in Film Series
 - LGBTQIA+ Focus Series
- JMRL Presents: Ruth Bader Ginsburg Film & Discussion with Anne Coughlin

APPRENTICESHIP

- Apprenticeship Program Manager Brian Shifflett Announces Retirement

COVID-19 & VACCINE RESOURCES

- Celebrate the Holidays Safely with Tips from the CDC
- It's easier than ever to get your COVID-19 vaccine!
- You can safely get your COVID-19 Vaccine and the flu shot at the same time!
- Vaccines Available in Virginia
- Extra Doses & Booster Shots - Updated!
- COVID-19 Case Rates in Virginia by Vaccination Status
- Key Reminders About COVID-19 at UVA
- Local Community Transmission Levels
- Testing Resources/Prevalence Testing for UVA Employees
- Face Covers: Still Worth it



***Don't forget:
Reasons to Celebrate!***

IMPORTANT DEADLINES FOR COVID-19 VACCINATION AT UVA:

All University employees must be fully vaccinated by **December 8**, unless they have a University-approved religious or medical exemption.

If you have not already started the vaccination process, listed at right are some critical dates to be aware of:

Source: <https://at.virginia.edu/vZiLFP>

Vaccine Brand	Latest date of 1st Dose	Latest date of 2nd Dose
Moderna	October 27	November 24
Pfizer	November 3	November 24
Johnson & Johnson	November 24	n/a

Let Us Know: You can always email FM-OHS@virginia.edu if you have suggestions or story ideas.

Now there's a new way to get in touch — “Let us know” by answering a few quick questions:

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

BRIAN SHIFFLETT ANNOUNCES RETIREMENT

After more than 23 years of service to the University of Virginia, Apprenticeship Program Manager Brian Shifflett is retiring.



Brian first started at UVA in 1997 as a trades temp/plumber's helper after a career as an auto mechanic. Much like UVA apprentices, but independently of the program, Brian trained on the job, took plumbing classes, and continued his skilled trades education until 2003, when he was assigned the task of leading the FM Safety Program.

"FM Safety" has since evolved to become Occupational Health and Safety in 2014 and later Occupational Programs in 2018, with Occupational Training and Apprenticeship being added to the OP umbrella. As a part of the Occupational Programs team, Brian has effectively leveraged his relationships and his institutional knowledge to improve Occupational Programs' reach and credibility across Grounds.

Brian transitioned to managing the Apprenticeship Program in 2018. Apprentices have been incredibly lucky to take advantage of Brian's career advice and mentorship during his time as manager. His passion for helping apprentices to achieve the best future for UVA FM and a fulfilling career drove his leadership style and his advocacy for a regenerative workforce pipeline made possible by apprenticeship.

During his management, the program maintained important relationships with local schools, workforce programs, FM employees, and state- and national-level nonprofit and government organizations that support apprenticeship. He also took the time to recognize and appreciate the contributions alumni of the Apprentice Program by hosting an appreciation luncheon in 2019 for 30+ year graduates that still worked at or maintained ties to UVA. In 2020 and 2021, Brian and his team successfully led the program through the various pivots and obstacles presented by the COVID-19 pandemic, and in 2021 oversaw the transition to the [new 2+2 program structure](#) that will allow incoming apprentices greater

career flexibility and a more well-rounded training experience.

The Occupational Programs team thanks Brian for his dedication, service, and innovation that has brought the team so far. Brian Shifflett will officially begin his retirement on Friday, October 29. Please join the Occupational Programs team in wishing him the best as he starts a new chapter filled with his favorite hobbies, grandkids, good friends, and loving family.



Brian Shifflett (far right) with Virginia DOLI Commissioner C. Ray Davenport (far left), UVA FM CFO Don Sundgren (back, right) and the 30-year+ graduates of the UVA FM Apprenticeship Program.

OCCUPATIONAL HEALTH & SAFETY

GET YOUR FLU SHOT

Mark Your Calendars:

UVA Work Med will hold an FM flu vaccination clinic for employees in the FM Shop Lunchroom on October 22, 2021, 7-10 AM & 3-5 PM.

UVA employees also have increased access to flu shots this year at the [UVA pharmacy locations](#) and their local in-network pharmacy locations.

Even if you have a health plan that is not UVA's, most health plans in the U.S. are required to cover the cost of the basic flu shot at 100%. In addition, Faculty, staff and team members covered by the UVA Health Plan may obtain a flu shot through their Primary Care Physician, or at one of the UVA pharmacies, CVS pharmacies, or any pharmacy in Aetna's National Pharmacy Network, if you present your Aetna card at the pharmacy. Included are pharmacies at Giant Eagle, Harris Teeter, Kmart, Kroger, Rite Aid, Walgreens, and Wegmans. Because the vaccination is covered by our health plan, you need only show your UVA Health Plan Aetna ID card.



your Aetna card at the pharmacy. Included are pharmacies at Giant Eagle, Harris Teeter, Kmart, Kroger, Rite Aid, Walgreens, and Wegmans. Because the vaccination is covered by our health plan, you need only show your UVA Health Plan Aetna ID card.

Helpful Tips

1. Your Aetna ID Card looks similar to the picture at top right.
2. Here is a list of vaccine providers in the Aetna network: <https://at.virginia.edu/bICbzN>
3. For easy flu shot scheduling at a CVS clinic, visit [CVS.com/Flu](https://www.cvs.com/Flu) or scan the QR code at right:
4. To schedule with a UVA Pharmacy, please contact your preferred pharmacy: https://uvahealth.com/locations-search-advanced?loc_combine=pharmacy



From the UVA HR Flu Shot Update for UVA Employees <https://at.virginia.edu/OMfbMi>

If you received your flu shot somewhere other than UVA-based clinics:

Bring proof of vaccination (you can get this from wherever you got your flu shot) during the FM clinic hours on October 22 and receive a '21-'22 sticker for your UVA ID badge .

OCCUPATIONAL HEALTH & SAFETY

PROTECT YOUR HEARING!

October is National Protect Your Hearing Month — A great time to fill the “Know-Do” Gap.

Hearing loss is the third most common chronic health condition in the U.S. Nearly twice as many people report hearing loss as report diabetes or cancer. While control processes can manage occupational noise exposure, **increasing evidence shows that recreational noise exposure can cause significant damage to individual health** ([American Society of Safety Professionals, March 2020](#)).



FM-OHS launched the Hearing Conservation Campaign on FM monitors and in the OP Wrap Up in August 2021. Let's recap key takeaways of the Campaign:

Why do I need to protect my ears and hearing?

- ⇒ Hearing loss is often underestimated or underappreciated, usually because it is a chronic illness, and the effects don't appear until later in life.
- ⇒ As hearing loss worsens, hearing and understanding others becomes increasingly difficult, which can lead to isolation.
- ⇒ Hearing loss can impact safety at home and on the job.
- ⇒ Adverse health conditions include:
 - Cognitive (mental) decline and heart problems, such as high blood pressure and heart disease,
 - Depression and anxiety,
 - Loss of enjoyment,
 - Ringing in the ears (tinnitus) can disrupt sleep and concentration.

Let's spread the word — positive actions make a difference!

Share your safe practices with us via fm-ohs@virginia.edu and receive a safety prize! We'd love to receive a picture of your safe practices and share it in the OP Wrap Up!

FORTUNATELY, noise-induced hearing loss is completely preventable.

Sources of non-work related noise exposure: *Exposure to loud noise comes from everyday activities in our homes and communities.*

Everyday Activities:

- Music from smartphones and personal listening devices, particularly when the volume is set close to the maximum
- Music from home or car sound systems
- Fitness classes
- Children's toys

Events:

- Concerts, restaurants, and bars
- Sporting events —football, hockey, and soccer games
- Motorized sporting events, such as monster truck shows, stock car or road races, and snowmobiling
- Movie theaters

Tools and More:

- Power tools: Drills, saws, air compressor, etc.
- Gas-powered lawnmowers, leaf blowers and weed whackers
- Sirens
- Firearms: Recreation and hunting

OCCUPATIONAL HEALTH & SAFETY MORE ON PROTECT YOUR HEARING!

October is National Protect Your Hearing Month – A great time to fill the “Know-Do” Gap.

Sources of occupational noise exposure:

When you cannot avoid exposure to loud noise at work, make sure to wear a proper Hearing Protection Device (HPD) correctly. Here are some equipment & areas at UVA Facilities Management where you may be exposed to loud noise:

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

When do I need to wear a hearing protection device?

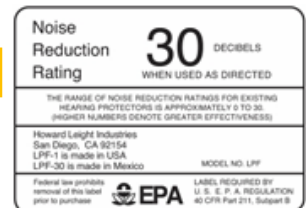
Hearing Protective Devices (HPDs) are required when noise level is at or above **85dBA**.

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



⇒ **All hearing protection devices MUST have a Noise Reduction Rating (NRR)**, or maximum protection most users can obtain when HPD is worn. This is determined by the manufacturer.

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



Audiometric Testing

- You can track changes in your hearing by having **annual audiometric testing**.
- Remember UVA health plans will offer **New Hearing benefits** that will include a hearing exam (Audiometric Testing) in 2022.

THANK YOU for putting your hearing conservation knowledge into action keeping yourself and your loved ones safe!! Examples:

- **Going to a monster truck show** and using hearing protection devices
- **Working in your yard**, using leaf blowers and lawn mowers, and wearing hearing protection devices
- **Sharing your concerns with OHS** about loud noise tasks and processes in your work environment
- **Downloading the NIOSH Sound Level App** and use it to recognize loud noise
- **Wearing your hearing protection devices when you're exposed to loud noise**

OCCUPATIONAL HEALTH & SAFETY

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.gov) posts and emails workplace safety reminders daily.

Visit

<https://www.osha.gov/earthquakes/preparedness> 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

If you are outside during an earthquake, stay outside.

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

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

FM job listings as of 10/20/2021:

- R0028303 Senior HVAC Mechanic, Central Grounds Zone, Evening Shift
- R0025875 Landscape Plant Health Specialist
- R0029749 Trades Utility Worker
- R0027143 Fire Systems Technician
- R0028772 Instrumentation Engineering Technician
- R0029177 Mason Plasterer
- R0025551 Roofer
- R0028370 Senior Trades Utility Worker
- R0029244 Carpenter Senior
- R0025387 Carpenter - Construction & Renovation Services
- R0028077 Custodial Services Worker
- R0028183 Trade Utility Senior Worker, West Grounds
- R0022915 Trades Utility Senior Worker
- R0029022 Electrician
- R0029165 HVAC Mechanic, West Grounds
- R0026830 Geospatial Space Analyst
- R0026545 Sheet Metal Technician - CC&R
- R0029172 IT Help Desk Specialist
- R0029135 Trades Utilities Senior Worker, Housing Facilities
- R0029143 Systems Control Center Operator--Night Shift
- R0026554 Drywall/Plasterer - CC&R
- R0026550 Mason - CC&R
- R0026402 Electrician
- R0028857 HVAC Senior Assistant
- R0028653 Manager, Facilities
- R0028987 Geospatial BIM Project Manager
- R0028988 Senior Electrician, Newcomb Zone
- R0026697 Custodial Services Worker
- R0028826 Finance Associate
- R0022674 HVAC Mechanic
- 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

See more UVA FM Job Listings >>>



OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0025318 Recycling Program Coordinator
- R0028501 Custodial Services Worker, Central Zone
- R0024783 HVAC Mechanic
- R0027779 Arborist
- R0028039 Electronic Pneumatic Tube System Technician
- R0027977 IT Desk Support (Student Wage)
- R0027523 Senior Contracts Negotiator
- R0027823 High Voltage Electrician
- R0025382 Plumber
- R0027459 Associate Director for Utility Systems Distribution
- R0027440 Electrician - CCR
- R0027431 Electrician Supervisor - CCR
- R0024318 Custodial Services Supervisor, Evening Shift
- R0027271 IT Help Desk Specialist (Staff Wage)
- R0026856 Senior Welder for Utility Systems
- R0024978 Landscape & Grounds Worker
- R0025447 Carpenter Supervisor
- R0025441 Plumber
- R0020254 Space Project Manager
- R0024368 Computer Help Desk Tech (Student Wage)

Upcoming Training Opportunities

NCCI Power60: Recalibration: Tools for Creating a Better Normal

10/28, 1:00-2:00pm

In this interactive workshop, a variety of tools for creating a ‘better normal’ post COVID will be shared. Participants will draft plans for their institution, division, or department based on their unique environmental and cultural contexts. **Participants will be able to:**

- Identify cultural factors that enable or hinder successful recalibration;
- Develop a high level change plan for recalibration;
- Assess critical virtual leadership skills.

Register: <https://www.ncci-cu.org/learn/power60/>

Implementing Change: For Yourself & Your Teams (Webinar) – Workday Learning

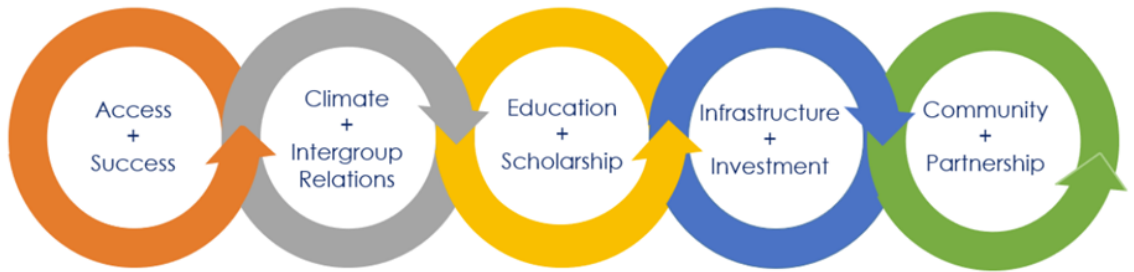
What does it take to succeed in a changing environment? Based on the Prosci Change Management model you will explore strategies needed to survive in today’s constantly changing organization, gain a solid understanding of the change process and receive a set of tools to help manage change.

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

DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence (IE) Team Appreciation and Update

The members of the **FM Inclusive Excellence Team** were shown appreciation in an event hosted outdoors at The Park last Thursday with remarks from Don Sundgren, Colette



Sheehy, Laura Duckworth, Julie Thomas and Emily Douglas. It was wonderful to celebrate the work of these FM employees and learn about the path ahead including these updates:

- The FM IE Plan has been approved by FM Leadership, the **SVPO Area** and the UVA Office for Diversity, Equity, and Inclusion
- The FM IE Plan is available for anyone to read on the FM website: <https://diversity.fm.virginia.edu/inclusive-excellence.html>
- The FM IE Plan is **ACTIVE** — This means that the Access + Success team (Sonya Swiderski, Shawn Anderson and Marcus Klaton) is currently meeting to decide how to engage more FM employees to implement the Access + Success goals
- The next four areas of the FM IE Plan will be implemented in 2022 with the goal of implementing one IE area per quarter and engaging more FM colleagues in the IE work

- A committee has been established at the SVPO level to engage leadership in the implementation and support of the IE plans for the SVPO area. Rollie Zumbrunn, Dan Shantler and Emily Douglas will report to this committee for FM. Rollie and Dan will support the FM teams in an advisory role with Julie Thomas and Laura Duckworth and reports will be made during CFO meetings for support and resources.



Inclusive Excellence Team, right to left: Ryan McCarthy, Lester Jackson, Avery Wagner, Chris Hoy, Sonya Swiderski, Marcus Klaton, Dan Shantler, Kevin Beal, Shawn Anderson, Terry Maynard, Bernard Curry. Members not pictured: Vibha Buckingham, Corey Hoffman, Rachelle Hermes, Nina Green and Dennis Bianchetto.

Want to be involved?
LOOK OUT for opportunities as the IE team recruits more FM employees to join the IE Work - Stay tuned for those announcements in the coming weeks!

See more from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION

- **A HUGE Congratulations to IE Team member Shawn Anderson for earning the CDL Class A Driver's License!** Shawn was an important part of our IE Planning Team and we are continuously amazed by his commitment to UVA and his drive to continue to learn, professionally develop and support his team at FM - Congratulations Shawn!
- **A HUGE Congratulations to IE Team member Corey Hoffman in the new role of Project Coordinator** in the Project and Construction Management Services teams! Corey served as co-chair for the IE Planning Team and we are so impressed with his work ethic and vision for his own career path at UVA - and making it happen - Congratulations Corey!



Shawn Anderson



Corey Hoffman

Virginia Film Festival: October 27-31

The Virginia Film Festival returns in-person to theaters and to the drive-in at Morven Farm on **October 27-31!** The 2021 Festival features an incredible program of over 85 narrative and documentary features, short films, and conversations with special guests, across a wide range of themes, genres, and interests, with something for every movie-lover.

The VAFF welcomes UVA Faculty and Staff to browse our full program at virginiafilmfestival.org as well as our [Black Excellence](#), [LGBTQIA+ Focus](#), and [Women In Film](#) series.

Tickets are available [online](#), by phone at (434) 924-3376, or in-person through the UVA Arts Box Office in the Drama Building, open T-F from Noon to 5:00 PM. Ticket prices range from \$12-\$30, and UVA faculty/staff discounts are offered on all regularly priced evening screenings.

See more from the Virginia Film Festival >>>

DIVERSITY, EQUITY & INCLUSION

Virginia Film Festival

Black Excellence Series

- [The Harder They Fall](#)
- [Passing](#)
- [Stay Prayed Up](#)
- [Truth Tellers](#)
- [Citizen Ashe](#)
- [How the Monuments Came Down](#)
- [A Choice of Weapons: Inspired by Gordon Parks](#)
- [Mending Walls -](#)
- [Zola with writer Jeremy O. Harris](#)

Women In Film Series

- [Aloners](#)
- [Beans](#)
- [End of the Line: The Women of Standing Rock](#)
- [Hive](#)
- [How the Monuments Came Down](#)
- [Julia](#)
- [The Lost Daughter](#)
- [The Meaning of Hitler](#)
- [Monkey Beach](#)
- [Mothering Sunday](#)
- [Nudo Mixteco](#)

Women In Film Series (cont.)

- [Passing](#)
- [Petite Maman](#)
- [The Power of the Dog](#)
- [Storm Lake](#)
- [Try Harder!](#)
- [Zola](#)

LGBTQIA+ Focus Series

- [Flee](#)
- [Jump, Darling](#)
- [Mayor Pete](#)
- [Playing the Game](#)
- [Socks on Fire](#)



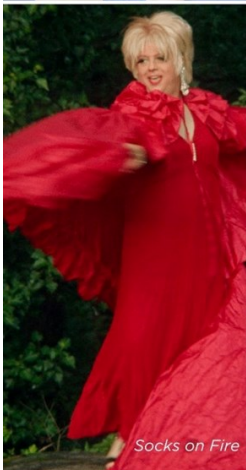
Jump, Darling



Flee



Mayor Pete



Socks on Fire

LGBTQIA+ Spotlight

34th Annual Virginia Film Festival

We are thrilled to present a film series that excavates the breadth and depth of the queer experience. From powerful documentaries like *Mayor Pete* and *Socks on Fire*, to touching stories of struggle and finding one's way in *Jump, Darling*, to the beautiful animation in *Flee*, these stories explore the multi-faceted queer experience and affirm the range of identities among LGBTQIA+ individuals.



In Theaters + Drive-In | October 27-31, 2021

Tickets are on sale now.

Visit virginiafilmfestival.org for more!

RUTH BADER GINSBURG

| FILM & DISCUSSION |
WITH ANNE COUGHLIN

Monday, October 25 at 7pm
(via Zoom)


Join us as we commemorate the life and legacy of Supreme Court Justice Ruth Bader Ginsburg.

How can you participate?

- 1.) Watch the documentary *RBG*, available to stream for free with a JMRL Library card on Kanopy at jmrl.kanopy.com (Need a library card? Please visit jmrl.org/librarycard to sign up online)
- 2.) Register at jmrl.org to attend a virtual discussion with Anne Coughlin, the Lewis F. Powell, Jr., Professor of Law at the University of Virginia, evaluating the legal career and jurisprudential revolution spearheaded by Justice Ginsburg.

For details and registration:

[Click here](#)



grow. learn. connect.

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COVID-19 RESOURCES

HOW TO CELEBRATE THE HOLIDAYS SAFELY



Many of us are looking forward to gathering for the holidays. The best way to minimize the risk of illness and keep your family and friends safer is to follow the guidelines below and **[to get vaccinated if you're eligible](#)**. *Most individuals over the age of 12 can be vaccinated against COVID-19.*

- **Getting vaccinated** is the best way to protect those under 12 and others who cannot be vaccinated or may be immunocompromised.
- **Wear well-fitting masks over your nose and mouth if:**
 - You are **not fully vaccinated** and are in a public, indoor setting (supermarkets, movie theaters, etc.).
 - You are **fully vaccinated** and in public indoor settings **in communities with substantial to high transmission**.
- **Gather outdoors:** Outdoors is safer than indoors.
- **Avoid crowded, poorly ventilated spaces.**
- **If you are sick or have symptoms:**
 - **Don't host or attend a gathering.**
 - **Let your supervisor know.** Do not come to work if you are sick.
 - **Contact Employee Health** for guidance: 434-924-2013

If you are traveling for the holidays, visit **[CDC's Travel page](#)** to find tips for you and your family. *The CDC recommends delaying travel until you are **[fully vaccinated](#)**.*

Other special considerations:

- **People who have weakened immune systems due to a condition or necessary medications may not be fully protected** even if they are fully vaccinated and have received an additional dose. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask.
- **You may choose to wear a mask if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.**
- **If you are gathering with a group of people from multiple households, you could consider additional precautions** (e.g., avoiding crowded indoor spaces before travel, taking a test) in advance of gathering to further protect each other,
- **Do not put a face cover on children younger than 2 years old.**

By working together, we can enjoy safer holidays, travel, and protect our own health as well as the health of our family and friends.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>

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.

IT'S SAFE TO GET THE FLU SHOT & COVID-19 VACCINE/BOOSTER AT THE SAME TIME!

Staying up to date on all vaccinations will be especially important this year, experts say.

Since people were masked and staying home, last year's flu season barely registered. This year, it's unclear how intense the flu season will be with more places reopening.

The CDC recommends an annual flu vaccine for everyone 6 months and older, and says ideally everyone should be vaccinated by the end of October. It takes 10 to 14 days for the flu vaccine to take full effect so if you wait until the flu begins circulating, your body may not have time to build up protection. Vaccine options vary by age but include several types of shots or a nasal spray version.

One caution: COVID-19, colds and flu all share similar symptoms so if you feel ill, the CDC says to postpone a vaccination appointment until you're better to avoid getting others sick.

This information is from the CDC via the AP: <https://at.virginia.edu/tfwKee>

To find an appointment for a COVID-19 Vaccine, see above or visit vaccinate.virginia.gov or call 877-829-4682, TTY users call 7-1-1). Assistance is available in English, Spanish, and more than 100 other languages.

If you are receiving your second dose, third dose, or booster shot, bring your COVID-19 vaccine card or vaccine record with QR code. If you need a copy of your vaccine record, visit vaccinate.virginia.gov.

[Learn more about getting your flu shot >>>](#)

Vaccination remains the best way to end the pandemic, and unvaccinated individuals are at the highest risk of severe illness due to COVID-19 or Flu.

Everyone 12 or older who lives or works in Virginia is eligible to be vaccinated against COVID-19. To learn more about COVID-19, visit www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/. Have questions or need help scheduling an appointment? Contact the BRHD Hotline at 434-972-6261.

COVID-19 RESOURCES

EXTRA DOSES AND BOOSTER SHOTS



Just in time for Halloween! Make a plan to get **BOO**sted if you need it!

The CDC has **expanded eligibility** for COVID-19 booster shots of COVID-19 vaccines for **people who are moderately to severely immunocompromised** that received an Pfizer or Moderna vaccine and for anyone that received a Johnson & Johnson vaccine. There are now booster recommendations for all three available COVID-19 vaccines in the United States.

Blue Ridge Health District is now offering booster doses to individuals who are moderately to severely immunocompromised. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received and others, may prefer to get a different booster. CDC’s recommendations now allow for this type of mix and match dosing for booster shots. Currently, available data show that all three of the COVID-19 vaccines approved or authorized in the United States continue to be highly effective in reducing risk of severe disease, hospitalization, and death, even against the widely circulating Delta variant.

Booster doses through BRHD are by appointment only: Make one online at BlueRidgeHD.org or by calling the hotline at 434-972-6261.

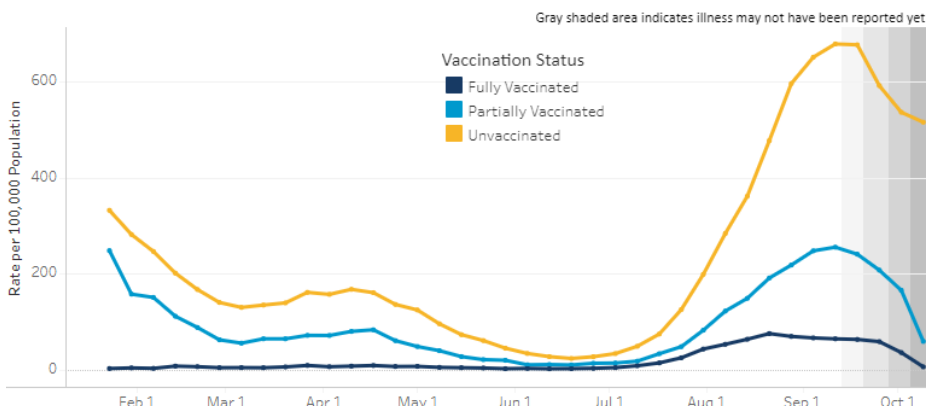
	Pfizer-BioNTech [Español]	Moderna [Español]	Johnson & Johnson (Janssen) [Español]
Available for ages	12+	18+	18+
How many shots are needed?	Two shots, 21 days apart	Two shots, 28 days apart	One shot
When will I be fully vaccinated?	14 days after your second shot	14 days after your second shot	14 days after your 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	Yes, for anyone 18 and older and who were vaccinated two or more months ago .
Authorization status	FDA Approved	Emergency Use Authorization (18+)	Emergency Use Authorization (18+)

Source: <https://www.cdc.gov/media/releases/2021/p1021-covid-boosters.html>

COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 10/9/2021, unvaccinated individuals developed COVID-19 at a rate 6.8 times higher than fully vaccinated and 2.4 times higher than partially vaccinated individuals.

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



COVID-19 RESOURCES

KEY REMINDERS ABOUT COVID-19 AT UVA

- 93% of the UVA community are fully vaccinated as of September 15, 2021! 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
Amherst	High
Augusta	High
Buckingham	High
Fluvanna	High
Louisa	High
Greene	High
Madison	High
Nelson	High
Orange	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 >>>](#)

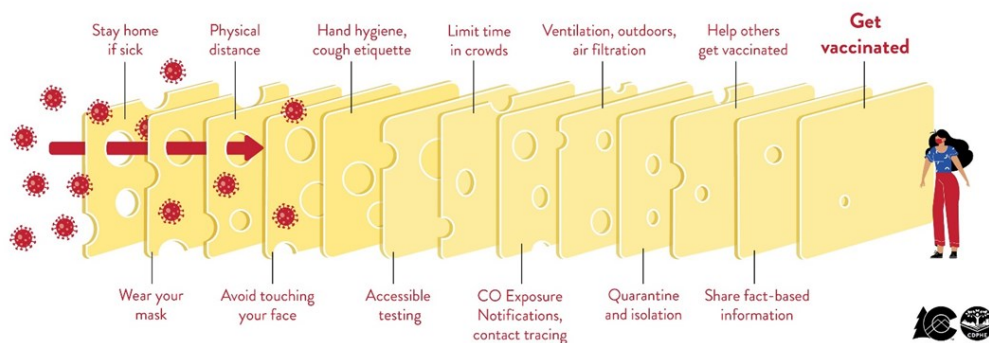
FACE COVERS: STILL WORTH IT

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.**
- **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.





let's celebrate!

Reasons to celebrate are all around us!

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

October 22: International CAPS LOCK Day

October 23: Make a Difference Day

October 24: National Food Day

October 25: World Pasta Day

October 26: Austrian National Day

October 27: National Mentoring Day

October 28: National Immigrants Day

October 29: National Cat Day