

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

10.29.2021

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 & How to Get Your Sticker
- Bernie Says! SDSs and Secondary Containers: Be sure you are labelling properly!
- BEE Aware: Tips for a Safe Halloween for Drivers & Trick-or-Treaters
- Protect Your Hearing Using the Hierarchy of Controls
- 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

- Be a Part of One Small Step
- Afton Express
- Lean About Volunteer Opportunities
- Sign Up: UVA's Parent/Guardian Connection Tool

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
- 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!**

COMING SOON: COVID-19 VACCINES FOR AGES 5-11

The safety and efficacy of the Pfizer pediatric vaccine for 5-11 year-olds was approved Tuesday by the Vaccines and Related Biologic Products Advisory subcommittee of the FDA. The FDA is expected to follow the panel's advice to approve the vaccine in the next few days. The CDC will then rule on the approval in the next couple of weeks, opening vaccination opportunities to one of the largest groups of unvaccinated Americans.

What you can do now: Call your child's pediatrician or primary care doctor and tell them you're planning to have your child vaccinated. Ask them questions and share any concerns you may have.

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/j9Tpnq>

OCCUPATIONAL HEALTH & SAFETY

GET YOUR FLU SHOT

UVA employees 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 from UVA, 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.



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/blCbzN>
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) to UVA Work Med between 8:00 AM and 4:30 PM on any weekday and receive a '21-'22 sticker for your UVA ID badge .

'21-'22

Did you know? It's safe to get your flu shot & your COVID-19 vaccine/booster at the same time!

[Learn more >>](#)

OCCUPATIONAL HEALTH & SAFETY

Bernie says!

HOW DO SAFETY DATA SHEETS (SDS) PLAY INTO USING A SECONDARY CONTAINER?

An SDS (formerly known as MSDS) contains information such as the properties of each chemical, including the physical, health, and environmental health hazards; protective measures; and safety precautions for handling, storing, and transporting the chemical.

Secondary container labels are required when a chemical is transferred from a primary container to a smaller container such as a jug, bottle or jar. **When using a secondary container, the identity of the chemical and appropriate hazard warnings must be shown on the label.** (The original container in which a chemical arrives from the supplier is considered **the primary container.**)

LABEL THE SECONDARY CONTAINER PROPERLY:

- **SDS needed:** Before attempting to label any secondary container for chemicals, double-check the SDS. This ensures you have all the required information for creating secondary container labels.
- **Play it Safe with GHS Labels for All Chemical Containers—Secondary Container Labels Must Contain:**
 - **Product Name/Identifier.** This should match the product identifier on the safety data sheet.
 - **General Hazard Statement.** This can be communicated with words, pictures symbols or “any combination thereof” that provides at least general physical and health hazards associated with the chemical.

WHY?

A properly labeled secondary container can help in the event of a spill or incident that may put a coworker in harm's way. It will help you quickly find the SDS to keep everyone safe and inform you of your next steps.

How to find an SDS: Look for a yellow binder with red writing (pictured above)

OR View UVA's SDS on the UVA Environmental Health and Safety website:

<http://ehs.virginia.edu/Chemical-Safety-SDS.html> (Netbadge login required.)



OCCUPATIONAL HEALTH & SAFETY

Avoid a Fright on Halloween



Photo by Bob Teichmann on Unsplash

BEE AWARE!

Halloween is Sunday, October 31, but many will be celebrating all weekend long. Be extra vigilant when driving during this time. Here are some reminders to keep everyone safe.

- **Children act unpredictably** and might be extra distracted on Halloween
- **Costumes and masks can reduce the wearers' vision** so they may have trouble seeing oncoming vehicles.
- **Costumes might make the wearer less visible** if they are dark colors.
- **Reduce your speed and “cover the brake”** in neighborhoods, near schools and childcare centers.
- **Find out if neighborhoods or communities you serve have dedicated trick or treat hours** and be extremely cautious during those times.
- **Adults celebrate, too! Be aware** of drivers, bicyclists, and pedestrians, especially those that may have been drinking.
- **Limit or avoid alcohol** and ensure you get your normal amount of sleep.

Source: via SWANA/Sonny Beal: <https://at.virginia.edu/332g7P>

TIPS FOR SAFER TRICKS AND TREATS:

- **Get vaccinated** – Anyone who is eligible and not yet vaccinated can schedule an appointment online! <https://vaccinate.virginia.gov>
- **Wear a mask** – Get creative with your costume and incorporate a surgical or cloth facemask into the outfit! These are more effective than most costume masks.
- **Stay outside and 6 feet apart as much as possible** – Outside spaces with plenty of airflow are safer than indoors. Avoid being inside, especially with people from other households. Be sure to maintain a safe distance, especially on walkways and on crowded porches.
- **Bring and use hand sanitizer** - Small bottles of hand sanitizer provide an extra layer of safety between and during any activities that involve touching things. They also make great treats!
- **Stay home if you feel unwell** – If you are not feeling well or have been exposed to COVID, it is safer to stay home.

Source: BRHD, <https://at.virginia.edu/1eFSRr>

OCCUPATIONAL HEALTH & SAFETY

PROTECT YOUR HEARING!

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

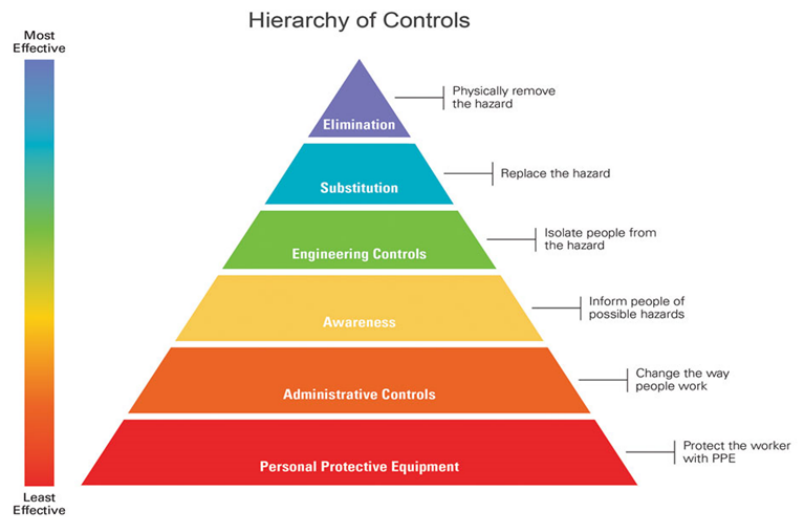
Hearing loss is the third most common chronic health condition in the U.S. Nearly twice as many people report hearing loss as report diabetes or cancer. While control processes can manage occupational noise exposure, **increasing evidence shows that recreational noise exposure can cause significant damage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



We can use the Hierarchy of Controls to do our part and protect our hearing at work & home.

Examples of using Hierarchy of Controls:

- Eliminate the noise source.
- Avoid loud, noisy activities and places.
- Buy quiet equipment and tools.
- Reduce equipment noise by replacing worn, loose, or unbalanced machine parts. Keep equipment well lubricated and maintained.
- Physical changes to the workplace such as redesigning equipment to eliminate noise sources and constructing barriers that prevent noise from reaching a recipient.
- Training, Signage
- Pay attention to signs and information flyers warning of possible loud noise and the use of hearing protection.
- Shift rotation, establish procedures, and take breaks from the noise.
- Chose the right hearing protection device(s) and wear it properly.



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

- ✓ Going to a monster truck show and using hearing protection
- ✓ Working in your yard, using leaf blowers and lawn mowers, and wearing hearing protection
- ✓ 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 are exposed to loud noise

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!

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/seasonal-flu> 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

Get a flu vaccine – it's more important than ever.

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 10/27/2021:

- R0027152 Custodial Services Supervisor, Housing
- R0030022 Senior HVAC Assistant
- R0030008 Fire and Safety Equipment Inspector
- R0024978 Landscape & Grounds Worker
- R0028303 Senior HVAC Mechanic, Central Grounds Zone, Evening Shift
- R0025875 Landscape Plant Health Specialist
- R0029749 Trades Utility Worker
- R0028772 Instrumentation Engineering Technician
- R0029177 Mason Plasterer
- R0025551 Roofer
- R0028370 Senior Trades Utility Worker
- R0029244 Carpenter Senior
- R0028077 Custodial Services Worker
- 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

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- 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
- R0027977 IT Desk Support (Student Wage)
- R0027823 High Voltage Electrician
- R0025382 Plumber
- R0027440 Electrician - CCR
- R0024318 Custodial Services Supervisor, Evening Shift
- R0027271 IT Help Desk Specialist (Staff Wage)
- R0026856 Senior Welder for Utility Systems
- R0025447 Carpenter Supervisor
- R0025441 Plumber
- R0020254 Space Project Manager

Upcoming Training Opportunities

Cre8tive Leadership: How to Create, Communicate & Implement Big Ideas

11/4 1:00 - 2:30pm

Chic Thompson will take you on an interactive journey through the steps of strategic curiosity that foster a mindset of innovation:

- **Be Curious First...Critical Second:** When you see or hear a new idea, be curious first to explore the possibilities and be critical second to calculate the probabilities
- **Look for Second & Third "Right" Answers:** Reframe your challenge and see it from different perspectives to generate fresh new solutions
- **The Question is the Answer:** Ask great questions to reveal new ideas
- **Think in Opposites:** Act on opposite/paradoxical trends and turn obstacles into an opportunity
- **DIY Brainstorming:** Come up with ideas when you're stuck, arms crossed, and staring at your computer
- **Keep Your Brain Alive: Keep your mind sharp so you can come up with ideas anytime and any place**

Register: <https://at.virginia.edu/3WUkAb>

Introduction to Emotional Intelligence - 11/8 1:00 - 3:00pm

Examine the connection between how people think, feel, and behave. Explore how emotions affect job performance and review the importance of self-awareness, self-management, social awareness, and relationship management.

Learn more & register: <https://at.virginia.edu/aiQIBE>

DIVERSITY, EQUITY & INCLUSION

Be a Part of One Small Step

ABOUT: One Small Step was created in 2018 by StoryCorps, a national nonprofit dedicated to recording American oral history. The program originated as a reaction to increased political and social division in America, and StoryCorps was looking for a way to bridge some of those divides. Over the past 3 years, over 1000 people across America have participated in conversations across 40 states. In early 2021, the Democracy Initiative partnered with StoryCorps to launch One Small Step for our local community. Char-

lottesville and the surrounding area have been at the center of national discussions about social, political, and cultural upheaval. But no one knows the community better than the people who live here. Over the course of the coming year, we will be empowering hundreds of people from the area to engage with one another in meaningful dialogues about sharing humanity.

HOW DOES IT WORK? One Small Step pairs together people, most often strangers, across political lines to have a conversation about their lives, what has shaped their perspectives, and what they hope for in the future. We know not every problem can be solved through conversation, but with open minds and open hearts, we can get closer to a united America. Our team at the Democracy Initiative will be recruiting people from all across the Charlottesville metropolitan area to record conversations with fellow community members.

INTERESTED?

- **Sign up here** to be paired with another individual for a One Small Step recorded interview session at WTJU:
https://virginia.az1.qualtrics.com/jfe/form/SV_1S2FDUi6N2XJ4Mu
- **Learn more** about One Small Step and the UVA Democracy Initiative partnership:
<https://onesmallstep.virginia.edu/>
- **Learn more** about StoryCorps: <https://storycorps.org/>
- **Watch:** <https://www.youtube.com/watch?app=desktop&v=OZUGmcOUWNg>

UVA DEMOCRACY INITIATIVE

STORYCORPS
ONE SMALL STEP



UVA DEMOCRACY INITIATIVE

STORYCORPS ONE SMALL STEP

WHEN WAS THE LAST TIME YOU REALLY LISTENED TO A PERSON WHO DOESN'T SEE THE WORLD LIKE YOU DO?

Sign up to take One Small Step today!

OneSmallStep.virginia.edu

See more from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION

Afton Express

The Afton Express is a new public transportation service connecting Staunton, Fishersville, and Waynesboro to UVA, Downtown Charlottesville, and Fifth Street Station. Please consider riding for an easier, cheaper, more relaxing, and more sustainable commute.



For more information, check out aftonexpress.org.

Learn About Volunteer Opportunities

In addition to learning about volunteer opportunities on the [UVA Volunteer Center website](#), you can also receive occasional emails (1-2/month) about new or time-sensitive volunteer needs in the community.

Please join and invite your constituents to join the Volunteer Center mailing list and stay informed about current volunteer needs. Each email comes with a reminder about volunteer boards like [ReimagineCVA.org](#) and paid leave options. [Click here to see a past mailer.](#)

Subscribe: <https://at.virginia.edu/8Trd2h>

Parent/Guardian Connection Tool

<https://provost.virginia.edu/subsite/faculty-affairs/parent-guardian-connections-2021>

2021 Connection Tool for UVA Faculty & Staff Parents / Guardians

[Parent & Guardian Connections](#) is a resource for Academic Division faculty and staff and UVA Health team members who are parents or guardians. The 2021 edition is open for registration!

The tool connects UVA parents/guardians with similar needs and priorities, including:

- **Contingency planning:** establishing networks to help when schools close unexpectedly
- **Community building:** connecting for support and engagement, and
- **Recent relocation:** meeting other faculty/staff who are new to town.

Sign Up: <https://provost.virginia.edu/subsite/faculty-affairs/parent-guardian-connections-2021>

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.

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:

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

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

IT'S SAFE TO GET YOUR 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.

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. 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 share similar symptoms. 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>

[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.

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.

Individuals receiving the booster can 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** 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.**

Find a booster online at <https://www.vaccines.gov/> or by calling the BRHD hotline at 434-972-

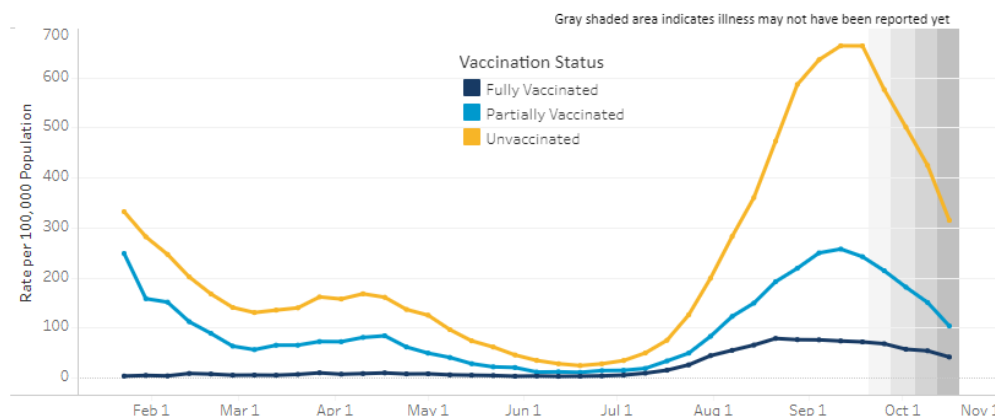
	Pfizer-BioNTech [Español]	Moderna [Español]	Johnson & Johnson (Janssen) [Español]
Available for ages	12+	18+	18+
How many shots are needed?	Two shots, 21 days apart	Two shots, 28 days apart	One shot
When will I be fully vaccinated?	14 days after your second shot	14 days after your second shot	14 days 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 who were vaccinated two or more months ago .
Authorization status	FDA Approved (18+), Emergency Use Authorization (12-17)	Emergency Use Authorization (18+)	Emergency Use Authorization (18+)

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

COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 10/16/2021, unvaccinated individuals developed COVID-19 at a rate 5.6 times higher than fully vaccinated and 2.3 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 >>>](#)

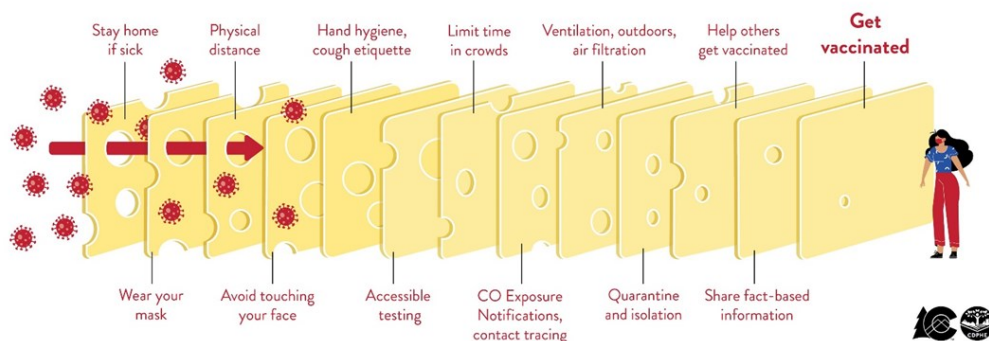
FACE COVERS: STILL WORTH IT

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**
 - **Indoors at any [UVA properties](#)**
 - **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 29: National Internet Day

October 30: National Checklist Day

October 31: Halloween

November 1: All Saints' Day

**November 2: Día de los Muertos / Day of
the Dead**

November 3: National Stress Awareness Day

November 4: National Candy Day

November 5: Fountain Pen Day