

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

11.05.2021

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- Congratulations Apprentice Class of 2021!

DIVERSITY, EQUITY & INCLUSION

- Be a Part of UVA Story Corps/One Small Step
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**Don't forget:
Reasons to Celebrate!**

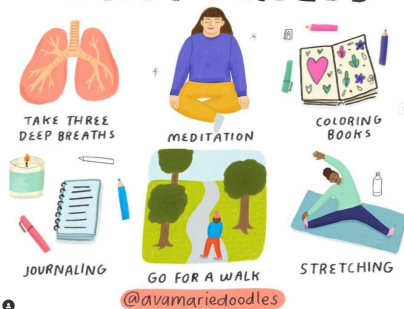
COVID-19 & VACCINE RESOURCES

- FM Hosting Appointment-Only COVID-19 Vaccine Clinic November 10
- Celebrate the Holidays Safely with Tips from the CDC
- Blue Ridge Health District is now offering COVID-19 Vaccinations for Ages 5-11
- 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

Self-Care Corner 🧘‍♀️ 🧘‍♂️ 🧘‍♀️ 🧘‍♂️



WAYS to PRACTICE MINDFULNESS



Benefits of Mindfulness:

- Improves well-being
- Improves physical health
- Improves mental health

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

@avamariedoodles

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>

OCCUPATIONAL HEALTH & SAFETY

Bernie says!

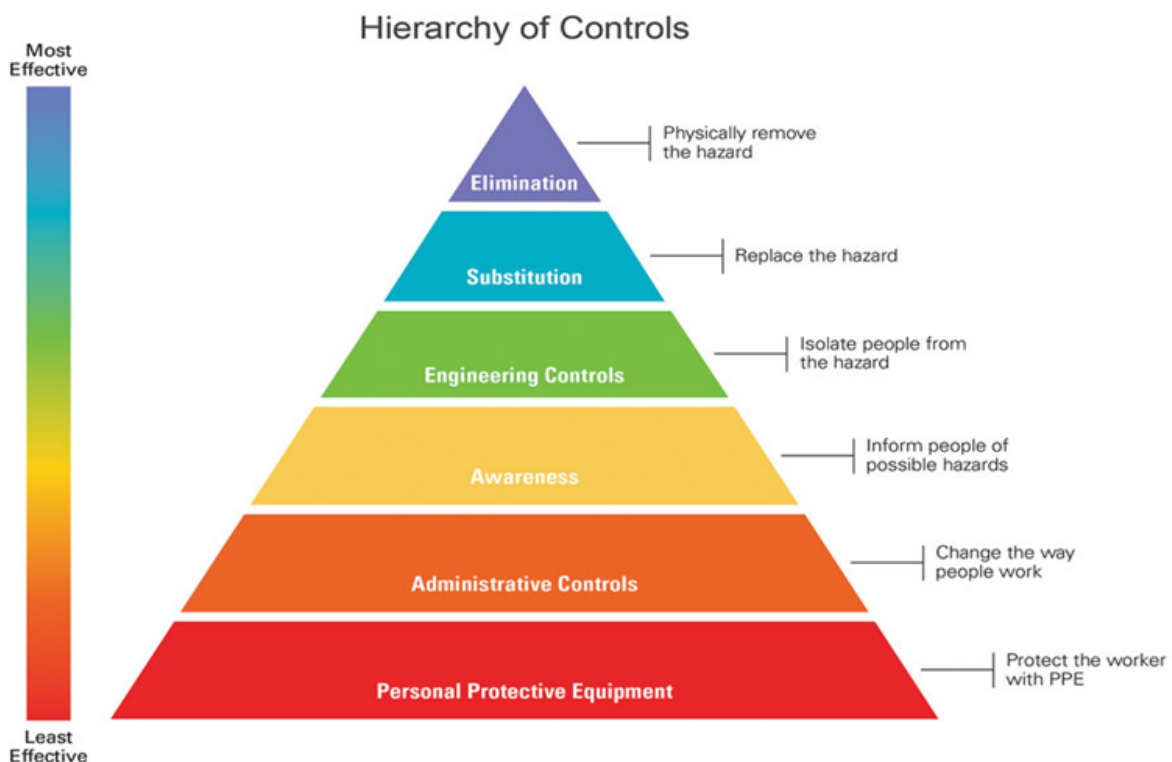
BEE ON GUARD!

Avoid machine- & tool-related injuries from moving parts by:

- Guarding points of operation
- Avoiding ingoing nip points
- Using two-hand tripping devices
- Handling materials safety
- Placing hands outside the zone of danger
- Anchoring fixed equipment.



Moving machine parts have the potential to cause severe workplace injuries, such as crushed fingers or hands, amputations, burns, or blindness. Safeguards are essential for protecting workers from these preventable injuries. Any machine part, function, or process that may cause injury must be safeguarded. When the operation of a machine or accidental contact injures the operator or others in the vicinity, the hazards must be eliminated or controlled. See hierarchy of controls, below.



OCCUPATIONAL HEALTH & SAFETY

SEASONAL SAFETY REMINDERS

→ Vehicles:

- When it's frosty out, ensure your windshield wipers are off and defrost or scrape the windshield before running the wipers.
- Use your headlights in the mornings and evenings.
- Don't leave your vehicle idling.
- Lock your doors when the vehicle is not in use.
- Look out for pedestrians.
- Make sure your vehicle has sufficient reflectors.
- Contact FM Fleet if your vehicle needs maintenance: FM-Fleet@virginia.edu



→ Look out for slick stairs and walkways when mornings are below freezing.

→ Assess your high-visibility winter gear and replace anything that is worn out or defective.

→ Be sure your designated snow-duty staff have winter boots.

FM's shoe request form: <https://at.virginia.edu/FMShoeRequest>

→ Get a **flu shot**.

→ Home:

- Check your smoke alarm batteries!
- Be careful when using space heaters.
- Use your fireplace safely: Have your chimney cleaned, use a screen, and be sure embers are out before leaving.

BEE AWARE! DAYLIGHT SAVINGS TIME ENDS ON NOVEMBER 7!

Be aware of these additional hazards:

→ **Darkness:** It will be darker earlier during afternoon rush hour, reducing visibility. Auto accidents and collisions with pedestrians typically increase in the days after daylight savings time ends. **Be sure to use your headlights and high-visibility gear, if needed.**

→ **Shorter Days:** Regardless of Daylight Savings Time, days are getting shorter. This can increase stress and depression. **Try to keep to a regular schedule, especially for sleep.**

→ **Tiredness:** It can take a while for your body to adjust to the time change. You may feel more tired or tired earlier in the day. **Be patient with yourself and others.**

Special thanks to Sonny Beal for sharing this information via SWANA: <https://swana.org/initiatives/safety>

OCCUPATIONAL HEALTH & SAFETY

PROTECT YOUR HEARING!

We all have made a change to protect our ears and hearing at work and home. While making changes is challenging, sustaining a change can be even more challenging. Together we can make sure that continuously we are protecting our ears and hearing through:

At work:

- **Avoid exposure to loud noise** (85dBA or above) when it is possible,
- **Be accountable** for yourself and your coworkers,
 - **Download the NOISH Sound level Meter App** and measure noise
 - Remember the rule of thumb, **whenever you are 3 feet apart and you need to raise your voice, you are being exposed to loud noise**
 - **Pay attention to signs**
 - **Wear proper hearing protection** devices correctly
- **If you are in the FM Hearing Conservation Program,**
 - Increase your knowledge through Hearing Conservation trainings
 - Review results of your audiometric testing with your physician or audiologist to make sure there is no changes for low (<2K) and high (>4K) frequencies. The frequency range of OSHA concern is 2K, 3K, and 4K.
- If you are not in the FM Hearing Conservation program, take advantage of UVA's **NEW Hearing benefits include hearing exam (Audiometric Testing) in 2022**
- **Celebrate your achievements** of protecting your ears and hearing and sharing it with your Team
- **If you have any concerns about loud noise in your work environment, inform your Supervisors and OHS (fm-ohs@virginia.edu)**

At Home:

- **Avoid exposure to loud noise** (85dBA or above) when it is possible,
- **Take care of yourself and your loved ones** when participating noisy activities at home, in the community, and at events,
- **Download NOISH Sound level Meter App** and measure noise
- Remember the rule of thumb, **whenever you are 3 feet apart and you need to raise your voice, you expose to loud noise**
- **Pay attention to signs**
- **Wear proper hearing protection** devices correctly
- **Celebrate your achievements of protecting your ears and hearing and share it with your loved ones!**



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 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 (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 .



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

[Learn more >>](#)

OCCUPATIONAL TRAINING

Upcoming Training Opportunities

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>

Tough Conversations – 11/16, 9:00am – 12:00pm

Think about a conversation you are either dreading or avoiding. Did you know that if you don't talk it out, you will act it out? Think about that. Let us help you create a script for how you will start the conversation. Let's identify strategies and approaches for engaging in conversations when the stakes are high, emotions are intense, and opinions are opposing. And let's help you learn ways to understand another's point of view while making it safe for both parties to keep talking. The model used in this course is based on the book, Crucial Conversations.

Learn more & register: <https://hr.virginia.edu/events/tough-conversations-11162021>

Power60: NCCI's Online Professional Development Sessions

A First Look at Design Thinking - 11/10, 2–3 p.m.

Have you wondered what exactly design thinking is, and how it might be useful to you? Design thinking's focus on empathy and inviting stakeholders into the process has made it a popular technique for problem-solving outside of the realm of traditional design. Problems are tackled deliberately, in a step-by-step manner that reveals the creativity in everyone.

In this webinar, you will gain an introductory understanding of design thinking, be shown how it is used at Boston College, and learn about the types of challenges design thinking is best suited to address. The presenters will then challenge you to brainstorm situations you might be able to use design thinking at your institution to create a "better normal."

This session is for anyone interested in learning more about design thinking, or anyone searching for new methods of collaboratively solving university problems.

Making the Design Thinking Process Work for You—11/18, 2–3 p.m.

In recent years, design thinking has become a useful and popular tool for tackling challenges in higher education and other fields. The design thinking process provides a framework for action, and attempts to address the needs of all stakeholders—particularly those that tend to be left out of decision-making conversations—creating a potential for solutions that are innovative and fully address the issue.

In this webinar, the presenters will describe one of their recent design thinking engagements and explain the workshop they developed. Using the five steps of design thinking as a guide, they will explain the specific decisions they made when planning each part of their process, and suggest strategies for developing design thinking workshops to address your own challenges.

After this webinar, there will also be a limited number of 30-minute slots available for individual consultations with the presenters to help you continue to develop your plans and/or discuss any questions you have about design thinking.

Register for Power60 sessions:

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

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 11/4/2021:

- R0030261 Operations Supervisor
- R0027152 Custodial Services Supervisor, Housing
- R0029999 Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- 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
- R0025318 Recycling Program Coordinator
- R0024783 HVAC Mechanic
- R0027779 Arborist
- R0027977 IT Desk Support (Student Wage)

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0027823 High Voltage Electrician
- R0025382 Plumber
- R0027459 Associate Director for Utility Systems Distribution
- R0027440 Electrician - CCR
- R0024318 Custodial Services Supervisor, Evening Shift
- R0026856 Senior Welder for Utility Systems
- R0025447 Carpenter Supervisor
- R0025441 Plumber
- R0020254 Space Project Manager

APPRENTICESHIP

FM APPRENTICESHIP CELEBRATES CLASS OF 2021

On November 10, the Apprenticeship Program and special guests will celebrate UVA FM's 2021 Apprentice graduates with a special event. Unfortunately, due to COVID-19 precautions, attendance at this event is limited and by invitation only. However, a recap and celebration will be posted on our social media accounts listed below.



Please join us in wishing the following tradespeople congratulations:



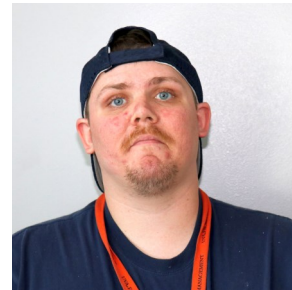
Trevor Martin, HVAC



Markel Randolph, HVAC



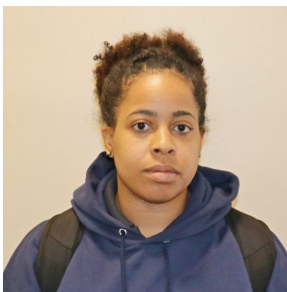
Matt Wood, HVAC



Timothy Griffith,
Electrical



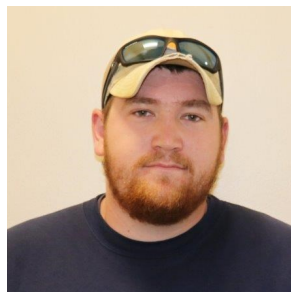
Nathan Henderson,
Electrical



Donita Wagley, Plumbing



Stephen Allen, Plumbing



Luke Henry, Plumbing



Jacob Tolbert, Plumbing

FOLLOW UVA APPRENTICESHIP



[@UVAApprentice](#)



<https://www.linkedin.com/groups/12189115/>

DIVERSITY, EQUITY & INCLUSION

UVA DEMOCRACY INITIATIVE

Be a Part of One Small Step

STORYCORPS 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-



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

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>

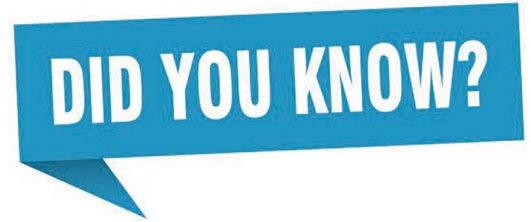
See more from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION

Workplace Accommodations

“What do I do if I need an accommodation at work?”

A reasonable accommodation is a change, modification, or adjustment to a policy, program, service, facility, or workplace that enables individuals with disabilities to participate and enjoy the same rights and privileges as others. The UVA ADA Office is here to assist you with accommodations.



As an employee, you are responsible for requesting a reasonable accommodation for a disability in the workplace. The request should be submitted to the employee's Employee Relations Consultant (ER Consultant), who will notify the employee's supervisor of the request.

1. **The ER Consultant for Facilities Management is Jennifer Harmon, (434) 924-4105, jsh4n@virginia.edu**
2. **Your request should include the following:**
 - a. **Your condition and its duration**
 - b. **The limitations** caused by the condition and how those limitations impact your performance of essential job functions
 - c. **The accommodation** you or your healthcare professional believes will enable performance of essential job functions
3. **If employees need assistance due to a disability in submitting a written accommodation request, they should contact the University's ADA Coordinator at ADACoordinator@virginia.edu or (434) 924-3295.**

Note to Supervisors: If a request is submitted directly to a supervisor, verbally or in writing, the supervisor is responsible for promptly forwarding the request and/or notifying the ER Consultant. The reasonable accommodation process begins when the written request for accommodation is received by the employee's supervisor.

Learn more about requesting reasonable accommodations: <https://at.virginia.edu/rdhXAd>

COVID-19 Vaccine Clinic

November 10, 2021, 2:00 PM to 4:00 PM

in the UVA FM Shop Building Lunchroom

Need to finalize your compliance with the [UVA COVID-19 vaccination requirements](#)?

Vaccines available at this clinic:

PFIZER (2 doses) or the **J&J** (1 dose)

*Note: Employees receiving their 1st dose of the Pfizer vaccine **will not** be considered [fully vaccinated](#) (in compliance) as of the [December 8, 2021 deadline](#).*

Prepare for your appointment:

- If you are getting your second dose of Pfizer, bring your [CDC COVID-19 Vaccination Record card](#).
- For most people, it is not recommended to avoid, discontinue, or delay medications that you are routinely taking for prevention or treatment of other medical conditions around the time of COVID-19 vaccination.
- If you have questions about the vaccine, talk to your doctor or see the [UVA COVID-19 Vaccination FAQ page](#).

Make your appointment:

Visit:

[https://at.virginia.edu/
KqGDn4](https://at.virginia.edu/KqGDn4)

OR by reserve by phone:
434-282-3947



Presented by:



Facilities Management

+

UVA Work Med

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>

COVID-19 RESOURCES

BLUE RIDGE HEALTH DISTRICT OFFERING PFIZER-BIONTECH COVID-19 VACCINE FOR CHILDREN AGES 5-11

On November 2, 2021, the CDC accepted the Advisory Committee on Immunization Practices' (ACIP) recommendation that children ages 5 to 11 be vaccinated against COVID-19. **Beginning Saturday, November 6, 2021, the Blue Ridge Health District (BRHD) will begin to offer the Pfizer COVID-19 vaccine for children ages 5 to 11**, following guidance from CDC and FDA. The Pfizer COVID-19 vaccine is safe and effective for children and will be administered as a 2-dose series taken 3 weeks apart. The dose for children ages 5-11 is one-third of the dosage of the vaccine for older adolescents and adults.

Vaccines for 5-11 year olds will be available in BRHD at:

- **Community Vaccination Center (CVC)** at Seminole Square (393 Hillsdale Dr, Charlottesville, VA 22901) - Vaccines are available by appointment only; no walk-ins for ages 5-11 are available. Appointments are now in the VASE+ system for people to schedule appointments starting Saturday, November 6.
- **UVA Health Vaccination Center** - UVA Health is vaccinating 5-11-year-olds at the Battle Building on West Main Street in Charlottesville, by appointment. Appointments can be made through UVA MyChart or by calling 434-297-4829. This is for all community members, not just UVA patients. Learn more about UVA Health's plans here.
- **Pediatric Offices** - Contact your child's pediatrician for more information on vaccination efforts and availability.
- **School-based Vaccine Clinics hosted by BRHD** - BRHD is working with school administrators throughout the District to provide vaccines at school-based clinics to those most in need. Schools will be in contact with parents regarding these efforts.
- **Pharmacies and Other Providers** - Visit [Vaccines.gov](https://www.vaccines.gov) to find other providers offering COVID vaccines for 5-11 year olds.

Individuals may also find vaccine resources by visiting vaccinate.virginia.gov or calling 877-VAX-IN-VA (877-829-4682). TTY users can call 711. Assistance is available in English, Spanish, and more than 100 other languages.

Learn more: <https://conta.cc/2ZPTNPG>

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.

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

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>

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-

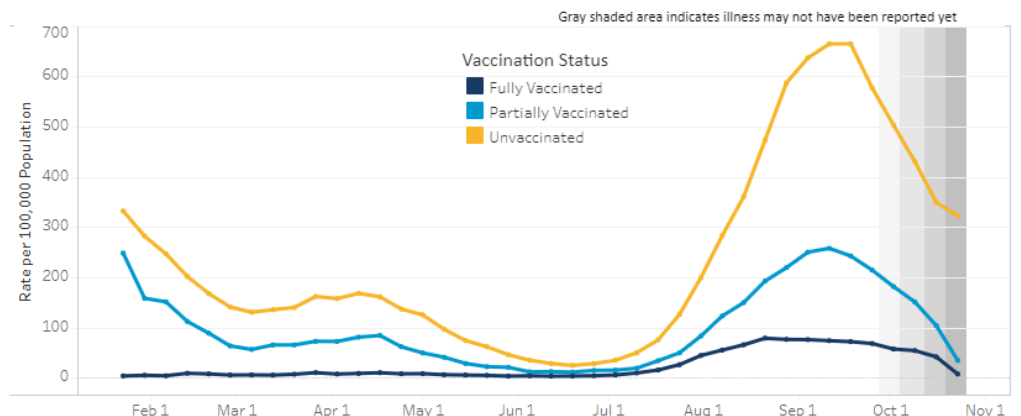
	Pfizer-BioNTech [Español]	Moderna [Español]	Johnson & Johnson (Janssen) [Español]
Available for ages	12+	18+	18+
How many shots are needed?	Two shots, 21 days apart	Two shots, 28 days apart	One shot
When will I be fully vaccinated?	14 days after your second shot	14 days after your second shot	14 days 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 & 10/23/2021, unvaccinated individuals developed COVID-19 at a rate 5.8 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 or substantial.

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	Substantial
Augusta	Substantial
Greene	Substantial
Madison	Substantial
Amherst	High
Buckingham	High
Fluvanna	High
Louisa	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 >>>](#)

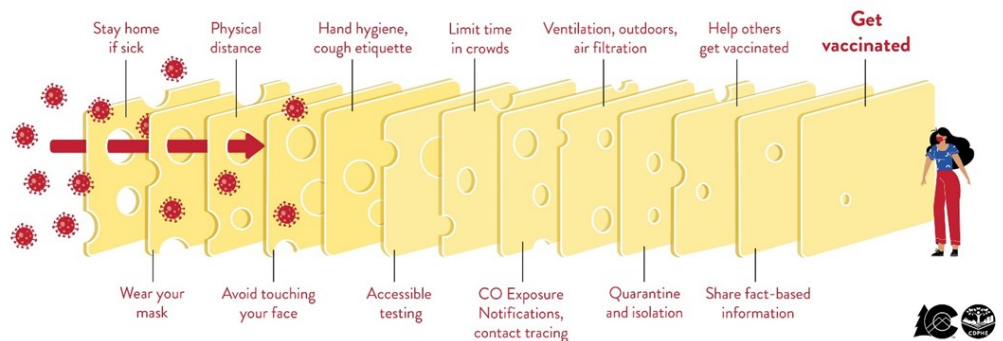
FACE COVERS: STILL WORTH IT

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.

November 5: American Football Day

November 6: Play Outside Day

November 7: Daylight Saving Day

**November 8: International Tongue Twister
Day**

November 9: Go to an Art Museum Day

November 10: Sesame Street Day

November 11: Veterans Day

November 12: National French Dip Day