

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

11.12.2021

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

Let Us Know:

You can always email FM-OHS@virginia.edu if you have suggestions, questions, 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/j9Tppn>

APPRENTICESHIP

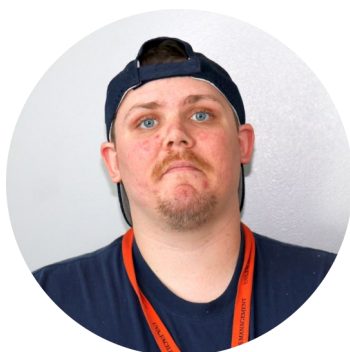
Congratulations, Class of 2021!

Thank you to everyone who joined us on November 10th to celebrate the graduation of FM's 2021 class of Apprentices. We hope to have a recap and photos up next week and will share links in the upcoming *Wrap Up*.

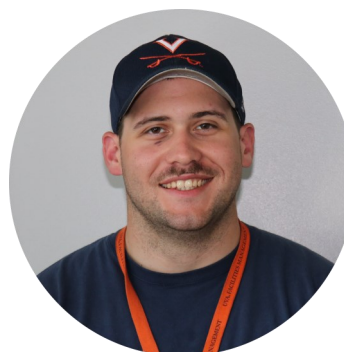
See the event program here: <https://at.virginia.edu/uoN7Q0>



GRADUATES



Timothy Griffith, Electrical



Nathan Henderson, Electrical



Trevor Martin, HVAC
Recipient of the
2021 Ed Ford Award



Markel Randolph, HVAC



Matthew Wood, HVAC



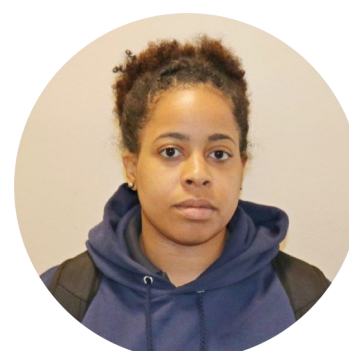
Stephen Allen, Plumbing



Luke Henry, Plumbing



Jacob Tolbert, Plumbing



Donita Wagley,
Plumbing

OCCUPATIONAL HEALTH & SAFETY

Bernie says!



High 5 for HAND SAFETY

Follow these machine guard tips to ensure hands are protected when operating machinery.

1. Prevent contact

Make sure machine guards prevent hands from making contact with dangerous moving parts.

2. Be tamper resistant

Secure safeguards firmly to the machine so employees can't tamper with or remove them.

3. Protect against falling items

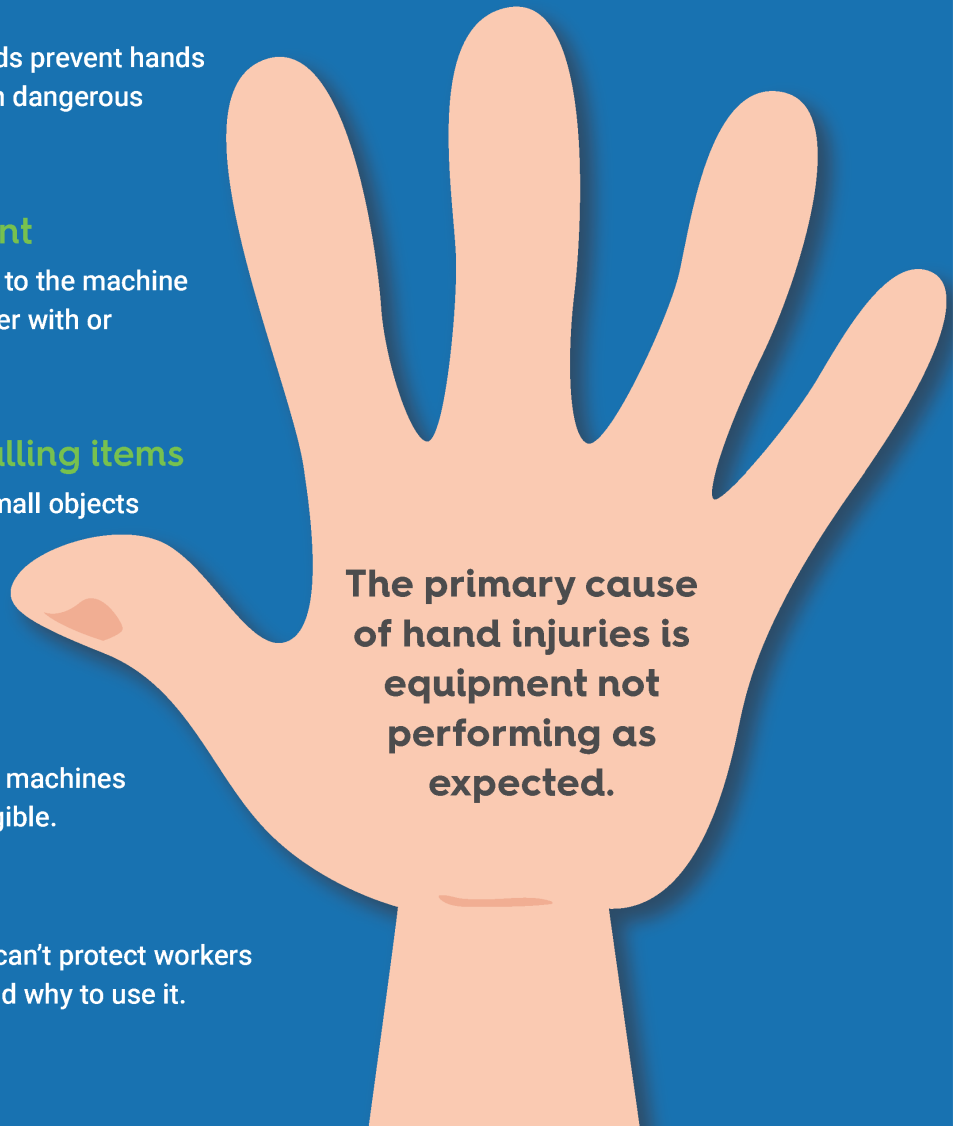
Guards should prevent small objects from falling into moving parts and becoming dangerous projectiles.

4. Post warnings

Place warning signs near machines and make sure they're legible.

5. Train, Train, Train

Even the best safeguard can't protect workers if they don't know how and why to use it.



The primary cause of hand injuries is equipment not performing as expected.

OCCUPATIONAL HEALTH & SAFETY

AUTUMN SAFETY TIPS

→ Vehicles:

- **Use your headlights in the mornings and evenings.** With the fall season upon us and clocks turned back, it gets darker earlier. Extra caution is needed when driving to and from UVA and around Grounds.
- **When it's frosty out, ensure your windshield wipers are off and defrost or scrape the windshield before running the wipers.**
- **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

→ 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**.

→ At Home:

- **Check your smoke alarm batteries!**
- **Inspect your fire extinguisher**
- **Inspect your home first aid kit. Replace anything that has expired or run out.**
- **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.**
- **Practice ladder safety.** Whether they're at the job site, hanging decorations in the office, or cleaning gutters at home, be sure to **inspect ladders before use, check for proper angles, have the right ladder for the job, and maintain three points of contact** when ascending or descending.

→ **Stay home if you feel unwell** – If you are not feeling well or have been exposed to COVID, it is safer to stay home. Contact Employee Health for guidance: 434-924-2013

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 .



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

FM SHOE TRUCK: WINTER BOOTS

Winter boots are available to designated UVA employees that must work snow/cold weather duty. *If this is not your first pair, old winter boots must be turned in to receive new ones.*

How to request a voucher:

1. Be sure the employee is designated.

Learn more: <https://hr.virginia.edu/time/emergency-event-status>

2. The employee or their supervisor can submit a request via the safety shoe request form:

<https://at.virginia.edu/R66H4U>

If you have a new employee starting and you would like them to pick up winter boots during onboarding, email FM-OHS@virginia.edu prior to their start date.

REMINDERS:

- FM employees can visit the shoe truck by appointment ONLY. 7:00-8:00 AM is reserved for new employees.
- Only one FM employee at a time is allowed on the truck.
- Face covers are required at all times on the shoe truck.

REMINDERS

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

Visit

<https://www.osha.gov/preventingsuicides>
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 have trouble coping with work-related stress, talk with someone who can help.

WORK SAFELY!

SAY NO TO
UNSAFE WORK PRACTICES

NOTIFY YOUR SUPERVISOR, FILL OUT A NEAR MISS FORM OR CALL FM-OHS AT 434-297-6379

FM Occupational Health and Safety is here to support you and a safe working environment.

If you have any questions or concerns related to health and safety at work, speak with your supervisor, [Safety Committee representative](#), [someone from OHS](#), or submit a [near miss report](#).

OCCUPATIONAL TRAINING

Upcoming Training Opportunities

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*.

Register: <https://hr.virginia.edu/events/tough-conversations-11162021>

Making the Design Thinking Process Work for You

11/18 2:00 – 3:00pm

Examine the connection between how people think, feel, and behave. Explore how emotions 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: <https://www.ncci-cu.org/learn/power60/>

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

See UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings

FM job listings as of 11/9/2021:

- R0030397 Plumber Assistant
- R0029754 General Services Technician
- R0026820 Instrumentation & Controls Technician
- R0026856 Senior Welder for Utility Systems
- R0024318 Custodial Services Supervisor, Evening Shift
- R0025441 Plumber
- R0026830 Geospatial Space Analyst
- R0024978 Landscape & Grounds Worker
- R0029961 Landscape Supervisor
- R0030369 Maintenance Zone Manager
- R0030217 Logistics Coordinator
- R0030315 Utilities Manager
- 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
- 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
- R0029244 Carpenter Senior
- R0028077 Custodial Services Worker
- R0022915 Trades Utility Senior Worker
- R0029022 Electrician
- R0029165 HVAC Mechanic, West Grounds
- 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
- R0028653 Manager, Facilities
- R0028988 Senior Electrician, Newcomb Zone
- 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)
- R0027823 High Voltage Electrician
- R0025382 Plumber
- R0027440 Electrician - CCR
- R0025447 Carpenter Supervisor
- R0020254 Space Project Manager

DIVERSITY, EQUITY & INCLUSION



We honor and thank our veterans, and especially want to thank our veterans who work with us at Facilities Management. We are honored by your commitment to service and duty and are proud to call you our colleagues.

Veterans Day started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on Nov. 11 because that is the anniversary of the signing of the Armistice that

ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars. Learn more: <https://www.military.com/veterans-day>

The University of Virginia ROTC held a vigil ceremony Tuesday afternoon for prisoners of war and military personnel missing in action. ROTC cadets perform this ceremony annually. They march for 24 hours to honor those who have been lost in battle or have gone missing. See more:

<https://www.cbs19news.com/story/45152808/uva-veterans-day-ceremony>



Honoring Veterans: Immortalizing Their Stories

Gregory Saathoff, M.D., a professor at the University of Virginia School of Medicine, along with UVA students and volunteers, has taken up a project to capture local veterans' heartfelt narratives on video. "For me, this is an obligation," Saathoff said. "In fact, we have volunteers who feel the same way."

The group sought to conduct nearly 50 interviews of WWII veterans under the title "[A Nickel for Your Story](#)." They contacted local veterans' groups, assisted living homes, and were even contacted by family members to make it happen.

Since then, Saathoff and volunteers continue to interview veterans from all different wars.

Contact history@paraderestva.org if you know of a veteran who is interested in having their story told.

Learn more: <https://www.cbs19news.com/story/45153790/honoring-veterans-immortalizing-their-stories>

See more from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION

Rewards & Recognition is BACK

Rewards and Recognition is BACK and is a way to professionally recognize your co-workers whose contributions make UVA a better place for students, faculty, researchers, patients, and staff. Active salaried full-time and part-time Classified, University Staff, and temporary or wage employees are eligible for recognition. Temporary or wage employees are not eligible for recognition leave.



FACILITIES MANAGEMENT REWARD & RECOGNITION PROGRAM

How it works:

1. **Submit an online nomination:**
<https://at.virginia.edu/thAjvt>
2. **The employee's supervisor will complete** the online nomination with a suggested level
3. **The employee's director reviews** the nomination for approval and submits to FM Finance for processing and payment.
4. **Funding** for the R & R comes from the approving director's budget. If the nomination is from outside of FM, then the outside nominating department covers any financial reward.
5. **The chief facilities officer will receive a bi-weekly report** of all nominations for review and final approval in advance of final processing.

Some types of recognition categories include:

- Outstanding achievement
- Special project completion
- Stellar customer service
- Cost savings
- Professional development
- Exemplary teamwork
- Leadership
- Educational achievement
- Process improvement
- Outstanding effort in support of Facilities Management values or initiatives

Learn more about the 3 Reward Levels here along with any answers to questions you may have: <https://www.fm.virginia.edu/employees/reward.html#submitnom>

It's been a long year, let's start to recognize each other for the Exceptional work we're doing today!

A big thanks to Elsa Burnette and Heather Brown for helping us collect this information to share!

DIVERSITY, EQUITY & INCLUSION

FREE Tutoring for Children of UVA Staff

UVA Student Council is offering free 1-on-1 virtual tutoring sessions for the children of UVA staff! Tutoring is available for K-12 subjects, and you can choose when and how often you'd like your children to be tutored. There is a seamless website that allows you to browse all available tutors to find one that best suits you.



To start booking sessions, go to <https://www.tutormatchingservice.com/UVASCTI>, click on “Sign Up” in the top right corner and follow the prompted instructions from there. You are free to book sessions in any subject and as frequently as you’d like - in fact, it is encouraged!

Note that you have two options when creating student profiles. (1) You can create a profile for yourself (the parent) and book tutors for your children through your profile or (2) each of your children can create their own individual profiles and book tutors through their profile.

Please reach out to Chloe Estrada at che6by@virginia.edu with any questions you have.

UVA Team Uses High-Tech Scanning to Preserve African American School

“We are documenting historic buildings using the laser scanner to capture the surface data of everything around it,” said Will Rourk, a 3D specialist with the UVA Library who also teaches a class at the Architecture School called “3D Cultural Informatics,” taught in collaboration with Andy Johnston, an architectural history professor and director of the Program in Historic Preservation.



Another man who spent time in the attic is Jody Lahendro, a preservation architect who recently retired from Facilities Management at the University. He is working with the AMMD Pine Grove Project, a group of local residents trying to preserve the school.

Lahendro said the plans are to restore Pine Grove as a community center and a museum. The Pine Grove School Project has been listed on the Virginia Landmarks Register and the National Register of Historic Places and the group is opposed to the proposed Green Ridge Recycling and Disposal Facility, scheduled to be built adjacent to the school.

The landfill issue brought Fjord, the anthropology professor, on board.

[Continued on next page >>](#)

DIVERSITY, EQUITY & INCLUSION



“I became involved in Pine Grove immediately after it was made public that a massive, Canadian-owned waste company wished to build a 1,200-acre landfill, to bring waste from across the northern Atlantic Seaboard to a landfill that would surround the historic Pine Grove Rosenwald School and its heritage Black community,” Fjord said. “It would reroute its historic road and entrance. ... When a site study followed, it was discovered that extensive wetlands would be impacted, and Green Ridge Recycling changed its plan to dispose of the same amount of waste in just the half of the parcel to intensify geometrically the impact on this historic school and the lands owned by former students that are adjacent to it.”

The landfill also brought on board the Environmental and Regulatory Law Clinic at the UVA School of Law. The clinic is working with the Pine Grove School Project to protect the schoolhouse and surrounding property from the proposed landfill, an effort that is currently in the courts.

“This is more than a building,” said Muriel Branch, president of the AMMD Pine Grove Project. “This is a place where we gathered to be educated as well as gain positive values, teamwork and faith.”

Read more:

<https://news.virginia.edu/content/uva-team-uses-high-tech-scanning-preserve-african-american-school>

Jody Lahendro is volunteering with the [Building Goodness Foundation](#) to work with community members to restore other Rosenwald schools in our area:

- The Newtown School in Greenwood - <https://www.crozetgazette.com/2021/09/07/religion-news-mt-zion-church-newtown-neighbors-begin-restoration-of-historic-school/>
- The St. John School in Cobham-Gordonsville - https://dailyprogress.com/news/local/work-to-convert-roswald-school-in-albemarle-into-community-center-moving-forward/article_8db67a0e-9bc3-11eb-845e-7f50cd4153c8.html

To learn more about these schools or to get involved, contact Kathy Garstang at Building Goodness Foundation, kgarstang@buildinggoodness.org

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 5 can now be vaccinated against COVID-19.*

- **Getting vaccinated** is the best way to protect those under 5 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

BE SAFEST: MAKE SURE YOU'RE VACCINATED IN TIME

In order to be fully vaccinated against COVID-19 for:

Thanksgiving (Nov. 25)

by Nov. 11: Get your single-dose of Johnson & Johnson

Hanukkah (starts Nov. 28)

by Nov. 14: Get your single-dose of Johnson & Johnson

Christmas (Dec. 25)

- Moderna: first dose by **Nov. 13**
- Pfizer: first dose by **Nov. 20**
- Johnson & Johnson: single dose by **Dec. 11**

Kwanzaa (starts Dec. 26)

- Moderna: first dose by **Nov. 14**
- Pfizer: first dose by **Nov. 21**
- Johnson & Johnson: single dose by **Dec. 12**

New Years Eve (Dec. 31)

- Moderna: first dose by **Nov. 19**
- Pfizer: first dose by **Nov. 26**
- Johnson & Johnson: single dose by **Dec. 17**

BRHD To be fully vaccinated against COVID-19 for **CHRISTMAS (Dec. 25)**

START your vaccine series by

- Nov. 13** First Dose of Moderna
- Nov. 20** First Dose of Pfizer
- Dec. 11** Single Dose of Johnson & Johnson

COVID-19 Hotline: 434-972-6261
Email: BRHealthDistrict@gmail.com BlueRidgeHD.org

BRHD To be fully vaccinated against COVID-19 for **NEW YEARS EVE (Dec. 31)**

START your vaccine series by

- Nov. 19** First Dose of Moderna
- Nov. 26** First Dose of Pfizer
- Dec. 17** Single Dose of Johnson & Johnson

COVID-19 Hotline: 434-972-6261
Email: BRHealthDistrict@gmail.com BlueRidgeHD.org

BRHD To be fully vaccinated against COVID-19 for **KWANZAA (Starts Dec. 26)**

START your vaccine series by

- Nov. 14** First Dose of Moderna
- Nov. 21** First Dose of Pfizer
- Dec. 12** Single Dose of Johnson & Johnson

COVID-19 Hotline: 434-972-6261
Email: BRHealthDistrict@gmail.com BlueRidgeHD.org

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 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>

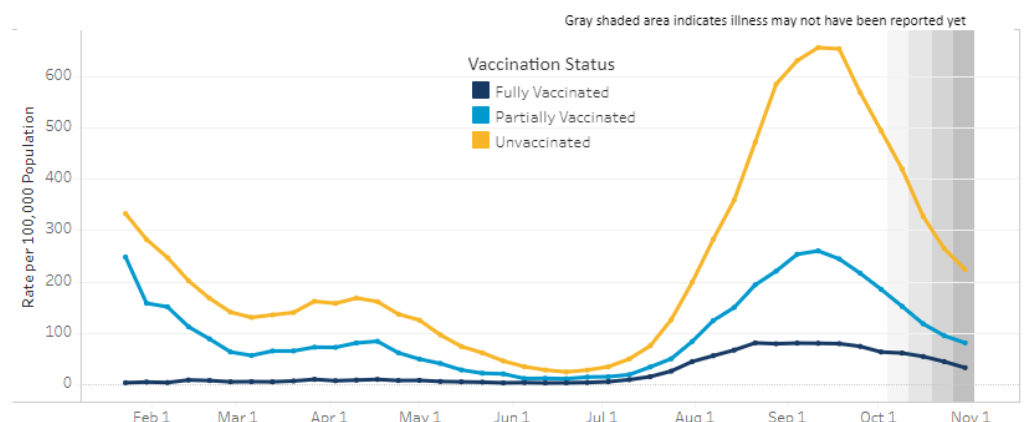
[Learn more about getting your flu shot >>>](#)

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

COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 10/30/2021, unvaccinated individuals developed COVID-19 at a rate 5.1 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 and/or immunocompromised individuals 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.

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 & 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
Buckingham	Substantial
Rockingham	Substantial
Amherst	High
Augusta	High
Fluvanna	High
Louisa	High
Greene	High
Madison	High
Nelson	High
Orange	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](#):

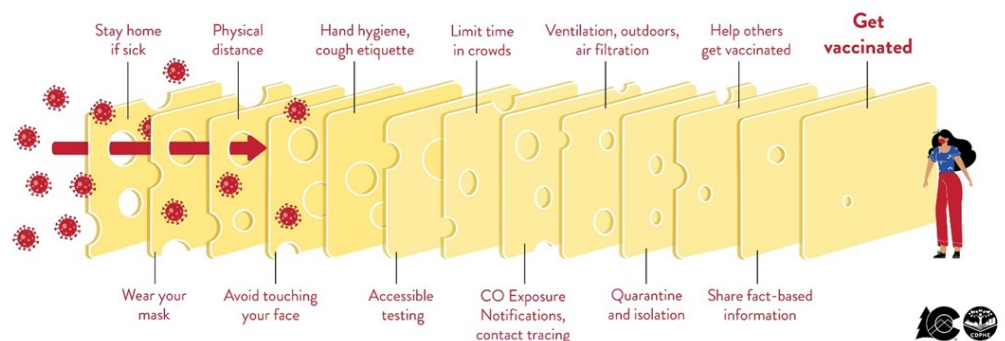
- Unvaccinated students, faculty, staff, contractors, and visitors **must wear a face cover outdoors.**
- **Everyone** must wear a face cover when:

- **In shared spaces indoors.**
- **In FM vehicles with a passenger**
- **Indoors at any [UVA properties](#)**
- **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 12: National Pizza with the Works Except Anchovies Day

November 13: World Kindness Day

November 14: Remembrance Sunday

November 15*^{*}: National Recycling Day

November 16: International Day for Tolerance

November 17: National Hiking Day

November 18: Apple Cider Day

November 19: National Play Monopoly Day

****National Apprenticeship Week is Nov. 15-21***