

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

12.03.2021

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OCCUPATIONAL HEALTH & SAFETY

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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 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>

COVID-19 & VACCINE RESOURCES

- Strategies for a Safe & Healthy Holiday Season
- Be an All Star: Wash Your Hands Often
- Stop the Spread
- Celebrate the Holidays Safely with Tips from the CDC
- About Omicron: A New Variant
- It's easier than ever to get your COVID-19 vaccine!
- Important Deadlines for COVID-19 Vaccination
- 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



COVID-19 RESOURCES

STRATEGIES FOR A SAFE & HEALTHY HOLIDAY SEASON

Reduce the spread of COVID-19.



Get Your COVID-19 and Flu Shots

COVID-19 vaccines protect you from COVID-19. Get vaccinated as soon as you can.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.



Wear a Face Covering

If you are not fully vaccinated or if you have a weakened immune system, wear a mask indoors. If you are fully vaccinated, wear a mask indoors in areas with substantial or high COVID-19 transmission.



Find Safer Ways to Celebrate the Holidays

There are many ways to enjoy holiday traditions and protect your health.

[See more >>>](#)



Wash Your Hands

Use soap and clean running water for 20 seconds at key times like after using the bathroom or before eating. [But how long is 20 seconds? >>>](#)

DID YOU KNOW?

The 5 hand washing steps are wet, lather, scrub, rinse, and dry.

Source: <https://www.cdc.gov/chronicdisease/resources/infographic/holiday-health.htm>

OCCUPATIONAL HEALTH & SAFETY

Bernie says!

REDUCE YOUR RISK OF SLIPS, TRIPS, AND FALLS!

Take proper steps to keep everyone on their feet.



Slow down & pay attention

Watch where you're going and stepping



Keep walkways clear

Remove all clutter and obstructions



Step carefully when changing surfaces

Adjust your footing first for the surface, then proceed



Keep your field of vision clear

Don't let items you're carrying block your view

Ensure flooring is in good condition



Report immediately when repairs are needed

Use proper lighting



Make sure you can see where you're going and what you're doing

Do you have an unsafe walking surface in your work area?

Alert your supervisor or fill out a Near Miss Report:

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

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 (you can get this from wherever you got your flu shot) to UVA Work Med or Vinnie Vawter in HSPP to receive a '21-'22 sticker for your UVA ID.

'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

LAST SAFETY SHOE TRUCK OF THE YEAR: DEC. 7

The shoe truck will resume on January 4, 2022.

If you need shoes, you or your supervisor can submit a request via the safety shoe request form: <https://at.virginia.edu/R66H4U>. Employee requests go to your supervisor for review.

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.
- Winter boots are expected to last employees for several years, as our winters have been mild.

DIVERSITY, EQUITY & INCLUSION

Remembering Lee Elder, first Black golfer to play in the Masters

Lee Elder, who broke down racial barriers as the first Black golfer to play in the Masters and paved the way for Tiger Woods and others to follow, has died at the age of 87.

Learn more about Mr. Elder's career and his impact on golf, sports and diversity and inclusion in this video produced by ESPN:

<http://www.espn.com/video/clip?id=32745757>



Thank you to Don Sundgren for sharing this article with the DEI team, highlighting the importance of Mr. Elder's career and impact.

See more from FM DEI >>>

DIVERSITY, EQUITY & INCLUSION

Happy Hanukkah!

November 28-December 6

Why is Hanukkah so early in 2021?

Because the Hebrew calendar is based on the lunar cycle, the dates of Jewish holidays according to the Gregorian calendar change from year to year. For this reason, the beginning of Hanukkah can range from late November to late December.



What is Hanukkah?

Also spelled “Chanukah”, it is the Jewish eight-day, wintertime “festival of lights,” celebrated with a nightly menorah lighting, special prayers and fried foods.

The Hebrew word Chanukah means “dedication,” and is thus named because it celebrates the rededication of the Holy Temple. The Hebrew word is actually pronounced with a guttural, “kh” sound, kha-nu-kah, not tcha-new-kah.

At the heart of the festival is the nightly menorah lighting. The menorah holds nine flames, one of which is the shamash (“attendant”), which is used to kindle the other eight lights. On the first night, one candle is lit. On the second night, an additional candle is lit. By the eighth night of Chanukah, all eight lights are kindled.

Making Challah Bread for Hanukkah

Today, the word challah is used to describe the beautiful loaf of braided bread that appears on Shabbat tables all over the world. In ancient times, challah referred to a small bit of dough that was set aside for the Temple priests as an offering to God.



"For me, baking challah is like a meditation. Kneading and rising, kneading again, shaping, braiding and baking— it all takes a lot more time than baking brownies from an instant mix. Smelling the bread baking, then seeing your gloriously braided challah on the dinner table, really makes it all worthwhile. I hope this blog inspires you to try it yourself!" -Tori Avey

Recipe: <https://toriavey.com/how-to/challah-bread-part-1-the-blessing-and-the-dough/>

OCCUPATIONAL TRAINING

OT Welcomes New Support

The Occupational Training team is very excited to receive additional support from Bobby Putrino starting in January 2022. Bobby has provided training for OHS for 3 years and he will now be expanding his portfolio to include professional development offerings for Occupational Training.

We are very excited to apply his expertise and knowledge to the broad range of training we offer FM employees and will be developing this year.



Bobby Putrino
he/him/hisrg4ny@virginia.edu
(434) 906-7354

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 12/2/2021:

- R0025441 Plumber
- R0030609 Elevator Assistant Mechanic
- R0029172 IT Help Desk Specialist
- R0030790 Recycling Worker
- R0030982 Utilities Supervisor
- R0030991 Custodial Services Worker
- R0027152 Custodial Services Supervisor, Housing
- R0030855 Facilities Informatics Analyst
- R0024783 HVAC Mechanic
- R0029165 HVAC Mechanic, West Grounds
- R0030564 General Services Supervisor
- R0030719 Sign Shop Worker
- R0030560 Carpenter Senior
- R0030280 Chiller Plant Zone Supervisor
- R0030524 Boiler Operator
- R0030567 Electrical Assistant
- R0030513 Custodial Services Worker, Evening Shift
- R0030357 Electronic Door Supervisor
- R0030544 Carpenter - Construction & Renovation Services
- R0030510 Custodial Services Worker
- R0030474 Custodial Services Worker
- R0030468 Electrician Senior
- R0030487 Fire Systems Assistant Technician
- R0030397 Plumber Assistant
- R0024318 Custodial Services Supervisor, Evening Shift
- R0029754 General Services Technician
- R0026830 Geospatial Space Analyst

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0026820 Instrumentation & Controls Technician
- R0024978 Landscape & Grounds Worker
- R0029961 Landscape Supervisor
- R0030217 Logistics Coordinator
- R0030369 Maintenance Zone Manager
- R0026856 Senior Welder for Utility Systems
- R0030315 Utilities Manager
- R0029999 Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- R0030008 Fire and Safety Equipment Inspector
- R0029244 Carpenter Senior
- R0028772 Instrumentation Engineering Technician
- R0025875 Landscape Plant Health Specialist
- R0029177 Mason Plasterer
- R0025551 Roofer
- R0028303 Senior HVAC Mechanic, Central Grounds Zone, Evening Shift
- R0029749 Trades Utility Worker
- R0028077 Custodial Services Worker
- R0026554 Drywall/Plasterer - CC&R
- R0026402 Electrician
- R0029022 Electrician
- R0026550 Mason - CC&R
- R0026545 Sheet Metal Technician - CC&R
- R0029135 Trades Utilities Senior Worker, Housing Facilities
- R0022915 Trades Utility Senior Worker
- R0025447 Carpenter Supervisor
- R0025247 Environmental Remediation Tech
- R0025318 Recycling Program Coordinator
- R0028140 Recycling Supervisor
- R0025264 Senior HVAC Mechanic - 7AM-5:30PM, M - Th
- R0027779 Arborist
- R0027440 Electrician - CCR
- R0027823 High Voltage Electrician
- R0027977 IT Desk Support (Student Wage)
- R0027658 Lab Specialist, Engineering Systems and Environment
- R0025382 Plumber
- R0020254 Space Project Manager

Upcoming Training Opportunities

Project Management: Infamous Failures, Classic Mistakes & Best Practices

12/8 1:30-2:45pm @ Bavaro Hall

This session will summarize lessons learned from hundreds of project retrospectives conducted over the past 20 years. Compiling the findings of this extensive research, this session will offer a guide to managers for applying best practices to identify and avoid classic mistakes, evaluating project success, and delivering actionable recommendations aimed at helping organizations achieve continuous project success.

Register: <https://organizationalexcellence.virginia.edu/register?event=2916>

BE AN ALL STAR: Wash Your Hands Often for at least 20 seconds with soap & water. Be sure you lather all surfaces of your hands. If soap is not available, use a hand sanitizer that is at least 60% alcohol.

But, what's approximately 20 seconds?

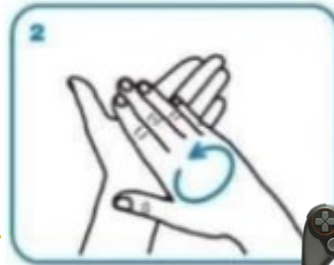
The chorus to the **Smash Mouth's 1999 hit "All Star"**:



Hey now 👉👈



You're an allstar ✨



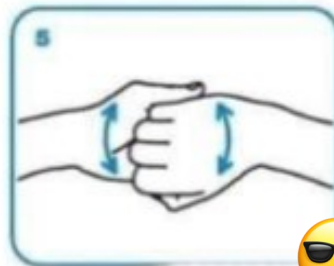
get your game on 🎮



go play 🏃



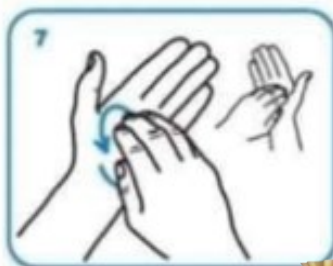
hey now 👉👈



you're a rockstar 😎



get the show on 📺



get paid 💰



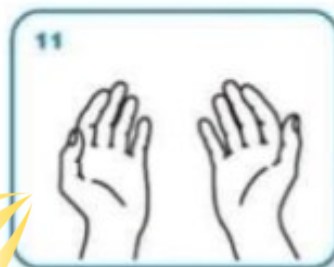
all that glitters ✨



is gold 🏆



only shooting stars ✨



break the mold



Thank you for being a hand-washing all star!

STOP THE SPREAD

The illustration at right by Avery Wagner shows how face coverings & social distancing can work to stop the spread of COVID-19. Coupled with frequent handwashing & physical distancing, you are able to protect you and your loved ones.

Why is it important to physically distance?

Limiting physical contact by increasing space between us and others is one of the most important step we can take in protecting essential workers & slowing the spread of COVID-19. Staying at home helps to protect those most vulnerable to severe illness: people over age 65 and those with health conditions such as asthma, diabetes, and heart disease.

How does staying home slow the spread of disease?

COVID-19 spreads between people who are in close contact (within about 6 feet). Coronavirus becomes airborne when an infected person coughs, sneezes, speaks, or laughs. Infected people may not display symptoms for up to 14 days, meaning they may be unknowingly spreading the virus.

Who should stay home?

Everyone should stay home as much as possible to protect their own health and the health of others.

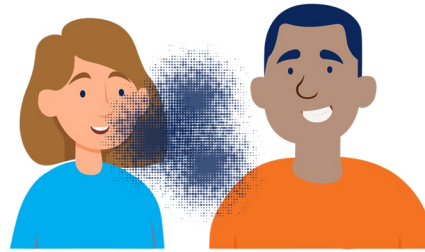
When is it ok to go out?

Travel is safe with caution. When you must go out, be sure to wear a cloth face covering in crowded settings, practice physical distancing, and wash your hands thoroughly and frequently.

What steps should I take if I have to go out?

- **Wear** a cloth face covering.
- **Avoid touching** your eyes, nose, and mouth.
- **Cover** your mouth and nose with a tissue or your sleeve when you sneeze.
- **Wash your hands** often, with soap and water, for at least 20 seconds. Use alcohol based sanitizer if you can't wash.
- **Keep 6 feet** of distance between yourself and others.

PROBABILITY OF INFECTION:



VERY HIGH



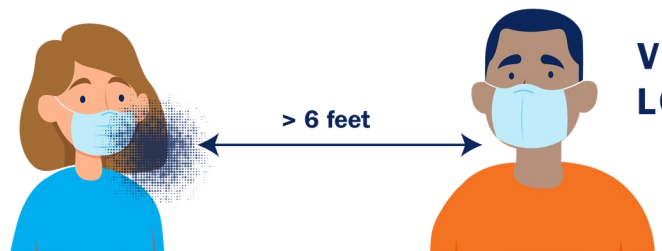
HIGH



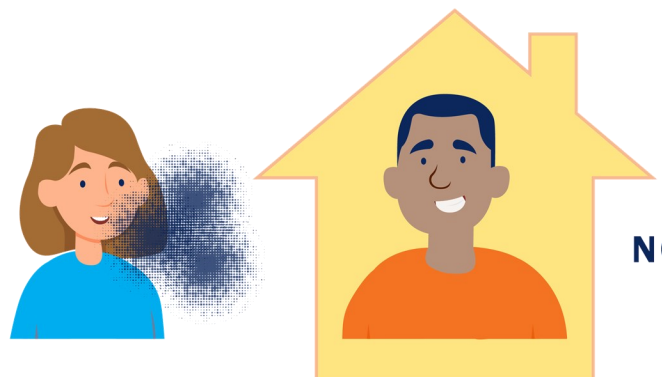
MEDIUM



LOW



VERY LOW



NONE

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

ABOUT OMICRON: A NEW VARIANT

When a virus replicates or makes copies of itself, it sometimes changes a little bit, which is normal for a virus. These changes are called *mutations*. A virus with one or more new mutations is referred to as a *variant* of the original virus.

On November 26, 2021, the World Health Organization (WHO) designated the variant B.1.1.529 a variant of concern. This variant is named **Omicron**, and was first discovered in South Africa, but probably originated elsewhere. As of December 1, Omicron infections have also been discovered in the US. However, the Delta variant remains the dominant variant at this time.

Here is what we know about Omicron today:

- **Transmissibility:** It is not yet clear whether Omicron is more transmissible (e.g., more easily spread from person to person) compared to other variants, including Delta.
- **Severity:** It is not yet clear whether infection with Omicron causes more severe disease compared to infections with other variants, including Delta. All variants of COVID-19, including the Delta variant that is dominant worldwide, can cause severe disease or death, in particular for the most vulnerable people, and thus prevention is always key.
- **Symptoms:** There is currently no information to suggest that symptoms associated with Omicron are different from those from other variants.
- **Reinfection:** Preliminary evidence suggests there may be an increased risk of reinfection with Omicron (ie, people who have previously had COVID-19 could become reinfected more easily with Omicron), as compared to other variants of concern, but information is limited at this time.
- **Vaccines:** Vaccines remain critical to reducing severe disease and death, including against the dominant circulating variant, Delta. Current vaccines remain effective against severe disease and death.
- **Testing:** The widely-used PCR tests continue to detect infection, including infection with Omicron, as we have seen with other variants as well. Studies are ongoing to determine whether there is any impact on other types of tests, including rapid antigen detection tests.

We know what it takes to prevent the spread of COVID-19. Continue to follow prevention strategies: wearing a mask in public indoor settings in areas of substantial or high community transmission; washing your hands frequently; and physically distancing from others. Everyone 5 years and older protect themselves from COVID-19 by getting fully vaccinated. Get a booster if you are eligible.

Source: <https://www.who.int/news/item/28-11-2021-update-on-omicron>

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 **January 4**, 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	Dec. 7, 2021	Jan. 4, 2022
Pfizer	Dec. 14, 2021	Jan. 4, 2022
Johnson & Johnson	Jan. 4, 2022	n/a

Source: <https://hr.virginia.edu/covid-19/academic-covid-vaccine-requirement>

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

The CDC has [expanded eligibility](#) for COVID-19 booster shots of COVID-19 vaccines for everyone 18 and older. 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 434-972-6261.

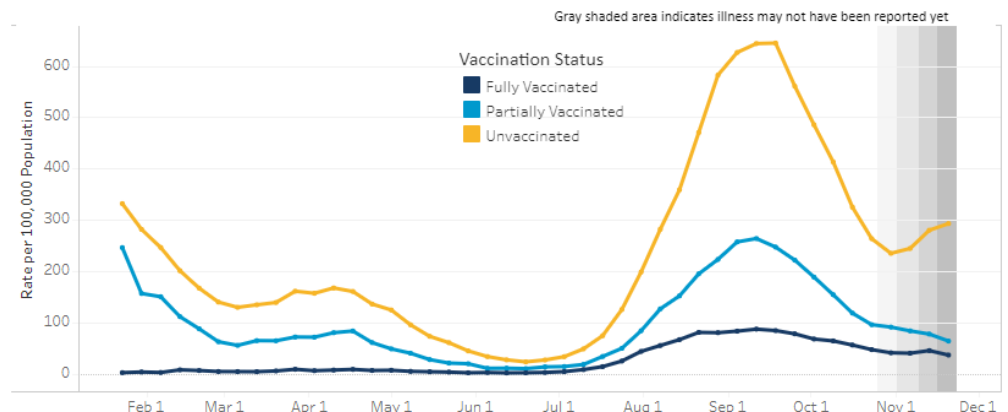
	Pfizer-BioNTech [Español]	Moderna [Español]	Johnson & Johnson (Janssen) [Español]
Available for ages	12+	18+	18+
How many shots are needed?	Two shots, 21 days apart	Two shots, 28 days apart	One shot
When will I be fully vaccinated?	14 days after your second shot	14 days after your second shot	14 days after your shot
When is the booster recommended?	At least 6 months after completing your primary COVID-19 vaccination series.	At least 6 months after completing your primary COVID-19 vaccination series.	At least 2 months after completing your primary COVID-19 vaccination.
Authorization status	FDA Approved (18+), Emergency Use Authorization (12-17)	Emergency Use Authorization (ages 18+, additional doses for certain immunocompromised people, and boosters)	Emergency Use Authorization (ages 18+ and boosters)

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

COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 11/20/2021, unvaccinated individuals developed COVID-19 at a rate 4.6 times higher than fully vaccinated and 2.2 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 many local areas 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.

County/Locality	Community Transmission Rate
Albemarle/C'ville	Substantial
Amherst	High
Augusta	High
Buckingham	Moderate
Fluvanna	High
Louisa	High
Greene	High
Madison	High
Nelson	Substantial
Orange	High
Rockingham	High

Source: <https://covid.cdc.gov/covid-data-tracker/#county-view>

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](#):

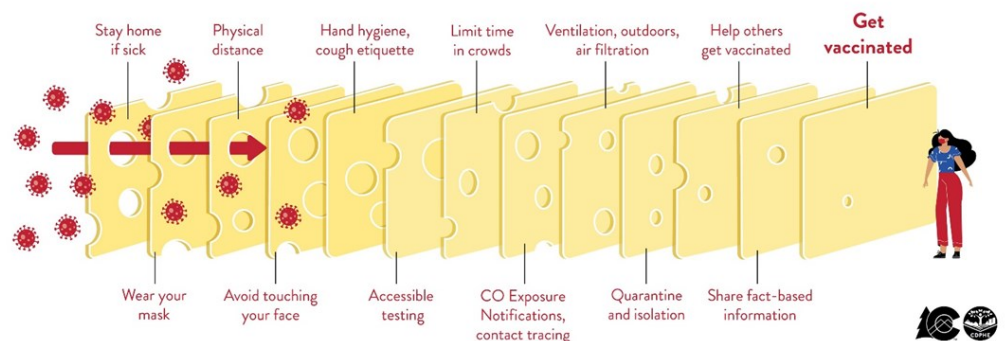
- **Unvaccinated students, faculty, staff, contractors, and visitors must wear a face cover outdoors.**
- **Everyone** must wear a face cover when:

- **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.



COVID-19 RESOURCES

BE SAFEST: MAKE SURE YOU'RE VACCINATED IN TIME

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

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**

⚠️ *Don't delay! Make your plan today!* ⚠️

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 **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

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



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.

December 3: Faux Fur Friday

December 4: National Sock Day

December 5: International Ninja Day

December 6: National Gazpacho Day

December 7: National Letter Writing Day

**December 8: Pretend To Be A Time Traveler
Day**

December 9: National Llama Day

December 10: Nobel Prize Day