

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

02.04.2022

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Let Us Know: You can always email FM-OHS@virginia.edu if you have suggestions or story ideas. You can also “Let us know” by answering a few quick questions: <https://at.virginia.edu/j9Tpnq>

OCCUPATIONAL TRAINING

Training Opportunities

A Complex Problem-Solving Framework

Complex problem-solving is a core skill for the 21st Century, and the only way to keep up with rapid change. This session will cover a five-step approach to creative problem solving developed in leading consulting firms. It employs a highly visual, logic-tree method that can be applied to almost any problem, from organizational decisions to individual career choices.

Presenter: **Brendan Boler**, Director of Career Services at the University Career Center and Assistant Professor at the Batten School of Leadership and Public Policy

When: March 4, 2022, 11 a.m. to 12:15 p.m.

Where: TBD (planning to be in-person)

Register: <https://at.virginia.edu/L9PGEK>

Implicit Bias Module Series

The Kirwan Institute offers a free and self-paced course on understanding and interrupting implicit bias.

<http://kirwaninstitute.osu.edu/implicit-bias-training/>

Making the Leap from Peer to Manager

March 24, 2022, 3:00 PM - 5:00 PM. Via Zoom

Transitioning from a peer to a manager can be an exciting and challenging opportunity. This class helps you identify actions you can take to position yourself for success as a manager. You'll also learn tips on how to interact with your former peers after you step into your manager role.

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

Reboot Your Health and Well-being 6 Week Class

February 24, 2022 - March 31, 2022. Via Zoom

Are you ready to reboot your health and wellbeing and get good habits back on track? Join this 6 week, highly engaging class via Zoom that will use the best strategies from Health Coaching and Positive Psychology to help identify and meet your personal goals. A commitment is needed to try to attend all six classes.

Register: <https://uvafeap.com/events/reboot-your-health-and-well-being-0>

Free Tutoring for K-12 Children of UVA Staff

Free virtual tutoring!

- ☀ Children of UVA Staff are eligible for **free virtual tutoring** in **k-12 subjects** from volunteer student tutors.
- ☀ Choose **when** and **how often** you'd like your children to be tutored.
- ☀ **Browse available tutors** online to find the best fit.

Get started! <https://at.virginia.edu/freeuvatutoring>

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.

FM Job Listings as of 2/2/2022:

Questions on job listings should be directed to AskHR@virginia.edu

- R0032487 Fire Systems Technician
- R0032687 Electrical Assistant - HSPP
- R0030790 Recycling Worker
- R0032149 Facilities Planner
- R0032241 Fire and Safety Equipment Inspector
- R0032393 Logistics Coordinator
- R0029999 Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- R0032158 Operator/Pipe Layer or Senior Operator/Pipe Layer
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030560 Carpenter Senior
- R0030524 Boiler Operator
- R0032122 Construction Administration Manager
- R0031883 Carpenter Senior
- R0032006 Field Station Manager
- R0032007 Landscape & Grounds Worker
- R0031374 HVAC Mechanic
- R0030791 Instrumentation & Controls Technician
- R0031242 Historic Masonry Supervisor
- R0026856 Senior Welder for Utility Systems
- R0029244 Carpenter Senior
- R0028140 Recycling Supervisor
- R0031155 Instrumentation & Controls Technician
- R0026545 Sheet Metal Technician - CC&R
- R0031380 Trades Utility Senior Worker
- R0030280 Chiller Plant Zone Supervisor
- R0030991 Custodial Services Worker
- R0030609 Elevator Assistant Mechanic
- R0030564 General Services Supervisor
- R0024783 HVAC Mechanic
- R0025441 Plumber
- R0030719 Sign Shop Worker
- R0030982 Utilities Supervisor
- R0030544 Carpenter - Construction & Renovation Services
- R0030513 Custodial Services Worker, Evening Shift
- R0030474 Custodial Services Worker
- R0030510 Custodial Services Worker
- R0030567 Electrical Assistant
- R0030487 Fire Systems Assistant Technician
- R0029754 General Services Technician
- R0026830 Geospatial Space Analyst
- R0026820 Instrumentation & Controls Technician
- R0030397 Plumber Assistant

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0030315 Utilities Manager
- R0028077 Custodial Services Worker
- R0025875 Landscape Plant Health Specialist
- R0022915 Trades Utility Senior Worker
- R0027779 Arborist
- R0026402 Electrician
- R0025247 Environmental Remediation Tech
- R0027977 IT Desk Support (Student Wage)
- R0026550 Mason - CC&R
- R0025382 Plumber
- R0025318 Recycling Program Coordinator
- R0025264 Senior HVAC Mechanic - 7AM-5:30PM, M - Th
- R0027440 Electrician - CCR

DIVERSITY, EQUITY & INCLUSION

Black History Month

Black History Month's first iteration was created in February 1926 by Carter G. Woodson, who is known as the "father of Black history." This historian helped establish the field of African American studies and his organization, the Association for the Study of Negro Life and History, aimed to encourage "people of all ethnic and social backgrounds to discuss the Black experience".

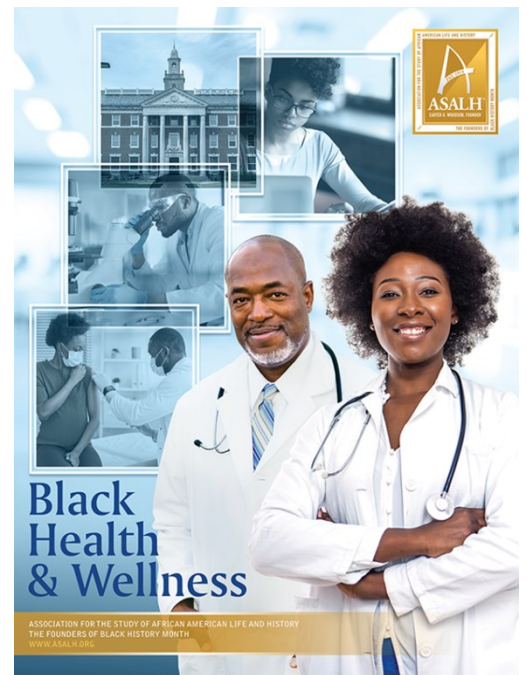
February was chosen by Woodson for observance as it coincides with the birthdates of both former US President Abraham Lincoln and social reformer Frederick Douglass. Both men played a significant role in helping to end slavery.

Every year, a theme is chosen by the ASAALH, the group originally founded by Woodson. This year's theme, "**Black Health and Wellness**," focuses on the importance of Black Health and Wellness by acknowledging the legacy of Black scholars but also "other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora." The month's event will also examine how healthcare has often underserved the Black community.

Read more: <https://asalh.org/black-history-themes/>

Ways to learn more about Black History Month

- UVA Wise Focuses on African American Appalachia for Black History Month - February 3-28: <https://at.virginia.edu/yez23z>
- Book Talk: *Limited Choices* (Jefferson School African American Heritage Center) - February 5th 2pm, LIVE on Facebook & YouTube. The book tells the story of Mable Jones, a Black native of Charlottesville, who described herself as a children's nurse, recounting her employment in New York City in the 1940s and 1950s. Emily Abel and Margaret Nelson, whose mother employed Jones, use the interview and their own childhood memories as a starting point in piecing together Jones's life in an effort to investigate the impact of structural racism, and a discriminatory system their family helped uphold. Register: <https://jeffschoolheritagecenter.org/events/limitedchoices/>



DIVERSITY, EQUITY & INCLUSION

Ways to learn more about Black History Month

(continued from previous page)

→ **2022 UVA Health Disparities Conference: Why We Can't Wait, Healthcare Justice for All** - February 8th, in-person and via Zoom,

More information: <https://at.virginia.edu/3PzSGm>



- **New Local Partnership working to address health care inequity:**
<https://at.virginia.edu/cZOEjU>

→ **The University of Virginia Division for Diversity, Equity, and Inclusion Presents: Black History Month Concert** - February 11th at 6:30 at The Paramount.

Info & tickets: <https://www.theparamount.net/event/black-history-month-concert/>

→ **Library of Virginia Announces Free Black History Month Events:**

<https://www.nbc12.com/2022/01/31/library-virginia-announces-free-black-history-month-events/>

→ **The Gordon Avenue Library houses the Roland E. Beauford Sr. African-American Collection.** The collection includes a selection of the best books and other materials, fiction and non-fiction, by or about African-Americans: <https://at.virginia.edu/pC6i8j>

→ **Virginia.gov Black History Month Resources & Events:**

<https://www.virginia.gov/black-history-month/>

→ **Black History Month 2022 - Facts, Origins & More:**

<https://www.history.com/topics/black-history/black-history-month>

→ **Black History Month - What is it and why do we need it?**

<https://www.weforum.org/agenda/2022/01/black-history-month-what-is-it-and-why-do-we-need-it/>

→ **UVA Carter G. Woodson Institute for African-American and African Studies:**

<https://woodson.as.virginia.edu/about>

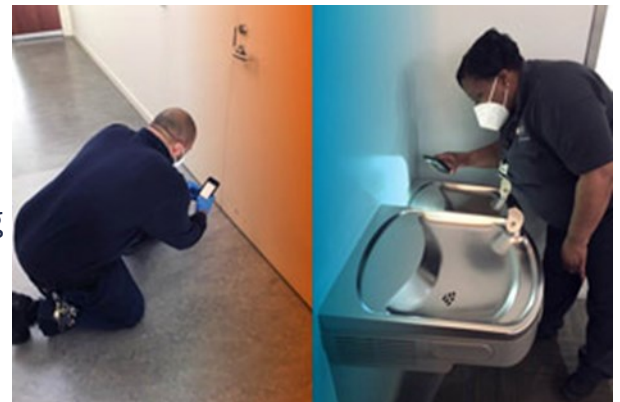
Founded in 1981, the University of Virginia's Carter G. Woodson Institute for African-American and African Studies is named in honor of native Virginian Carter Godwin Woodson. Born in 1875 in Buckingham County to parents who were formerly enslaved, Woodson went on to earn a Ph.D. in History at Harvard University in 1912. Under his leadership, Negro History Week (now Black History Month) was inaugurated in the United States as an annual celebration of African-American achievement.

- **The Carter G. Woodson Twitter Account** - for current updates, events, and articles like, *The Important Political History of Black History Month*: <https://twitter.com/WoodsonUVA>

Facilities Management issues smartphones to employees (from FM Staff News)

“Providing our teams with the tools they need to do their job freely without using their own personal resources was viewed as a win-win and created a level playing field for all,” according to AVP/CFO Don Sundgren.

Read more: <https://at.virginia.edu/9sWxIV>



DIVERSITY, EQUITY & INCLUSION

Building Goodness Foundation Honors Recent UVA Retiree Jody Lahendro as Top Volunteer

“Being involved with BGF has given me this incredible connection to the building and construction professionals in town,” Lahendro said in December, at a small outdoor gathering where he received the award. “And these people all care so much about the community, and care about giving, and want to help. Being part of that really brings you closer to the community. Charlottesville is blessed to have this organization.”

Read More in **UVA Today**: <https://at.virginia.edu/DEODOK>



National Girls & Women in Sports Day and the 50th Anniversary of Title IX

Join the UVA Maxine Platzer Lynn Women’s Center on February 6 as we celebrate National Girls and Women in Sports Day and the 50th Anniversary of Title IX. The passage of Title IX of the Education Amendments of 1972 changed the landscape of women’s athletics, opening up expansive opportunities for women and girls to participate in sports.

Learn more: <https://at.virginia.edu/sfg1eQ>

Panel Discussion with UVA Leaders

Sunday, February 6, at 1 pm via Zoom

- Carla Williams, Athletic Director
- Jane Miller, long-time administrator (retired)
- Meredith Smith, Title IX Coordinator
- Shannon Wells, Volleyball Head Coach
- Abby Palko, Women's Center Director, moderator



Register for access to this Zoom session: <https://at.virginia.edu/AB3WKL>



Reminder: Face Coverings are still important!

Per [UVA's Policy SEC-045](#), Facilities Management requires face covers to be worn at all times while indoors at UVA properties, unless alone in an office or vehicle. Due to the increased contagiousness of COVID-19, UVA strongly recommends wearing a medical grade three-ply mask instead of a single-layer fabric mask.

Three-ply, fabric, & KN95 masks are available for your team through [the online form](#).

Learn more about face covers & how to use your KN95 >>

OCCUPATIONAL HEALTH & SAFETY

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



WORK SAFELY!

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](#).

February Safety Champions: Snow Removal Teams

UVA Facilities Management employees came together after snowstorms on January 3, January 6, and January 16 to get UVA back up and running. This included some employees staying locally instead of returning home, and other employees continuing to do their job at home. Their work during this time helped keep UVA safe and accessible.

FM employees use their expertise and knowledge of Grounds to identify priority areas for snow or debris removal and create plans for repair or maintenance. In addition to maintaining operations at UVA, many staff members were also dealing with power outages at their homes.

FM employees who were a part of the snow response have received heartfelt thank yous from [Rollie](#)

[Zumbrunn](#), director of FM operations, Don Sundren, UVA FM AVP/CFO, as well as [UVA President Jim Ryan](#).



See photos and the “By the Numbers”: <https://uvafm.exposure.co/snow-support/>

FREE FITNESS OFFERINGS FROM HOOS WELL

UVA Intramurals and Hoos Well have partnered to offer employees FREE fitness classes—from running to weightlifting to yoga to pickleball, there’s something everyone can enjoy!

See the classes: <https://at.virginia.edu/pWoLOR>



OCCUPATIONAL HEALTH & SAFETY

Important Reminder for OHS Training Sessions

UVA FM-OHS is considering the implications of the recent spike in COVID cases and how it impacts our community, Facilities Management, and OHS training. Training that is critical to keeping our employees safe cannot be delayed; and there are some tasks for which employees are required by Federal and State laws to have up-to-date training. OHS is conducting in-person training with the following precautions to prevent the spread of illness. **We appreciate your collaboration in balancing our critical needs for employee health and safety.**

Requirements for OHS Training Sessions:

- **Masks MUST always be worn properly at all times.** OHS trainers will have additional masks at training classes to offer employees. Anyone not wearing a mask or continuing to wear a mask improperly will be asked to leave and your supervisor will be notified.
- **Mask requirements:**
 - A KN95 face mask OR
 - A medical grade, three-ply face mask OR
 - You **MUST** wear a medical grade, three-ply face mask over your cloth face covering (double-mask).
- **All face coverings MUST be tight-fitting and completely cover your nose AND mouth.**
- **Physical distancing will be in place with either reduced class sizes or larger rooms** to allow safe spacing between attendees. Most OHS trainings have moved to Zehmer Hall to accommodate our trainings, additional space & physical distancing. If you feel a room needs an adjustment to its set-up, please ask.
- **Be responsible for your health** prior to and when attending class and be considerate of other employees.
- **If you have been exposed to a COVID+ case, are awaiting test results, or are experiencing any symptoms of illness, please respond to fm-ohs@virginia.edu and ask to be rescheduled.**
- **During COVID, employees are responsible for maintaining their training requirements and attending assigned sessions to properly perform job responsibilities.**

This approach is in line with current UVA, CDC, and local public health officials' policies and guidelines. **OHS will reassess policies for in-person training as needed. The team will evaluate individual cases of expired or overdue training; and in some cases, employees may not be able to perform tasks until the training requirement has been met.**

Contact fm-ohs@virginia.edu or call 434-297-6379 if you have any questions.

Thank you for your patience, understanding, and collaboration.

COVID-19 CONTACT TRACING

UVA Facilities Management

Occupational Programs

NOTIFY YOUR CONTACTS IF YOU TEST POSITIVE

If you have COVID-19, it is important that you notify people you had close contact with while you were contagious.* This includes everyone who:

- Has been **within 6 feet of you for a total of 15 minutes or more** over a 24-hour period regardless of face cover use, or
- Has been **directly exposed to your respiratory droplets** (e.g., coughed or sneezed on, shared a glass/utensils, kissed, etc.), or
- **Lives with you**, or
- **You provide care for.**

**You are considered contagious starting 2 days before you became sick (or 2 days before your test if you never had symptoms) until you complete isolation. Risk of spreading the virus is higher closer to when you first develop symptoms or test positive, but spread is still possible for up to 10 days after infection.*

First day of symptoms (or if never had symptoms; the day tested positive):

Subtract two days:

(This is the start of your contagious period.)

WHO ARE YOUR CONTACTS?

List your close contacts (defined above) during your contagious period:

Vital information for your close contacts:

“Hi. I have been diagnosed with COVID-19 (or coronavirus). I’m reaching out because when we last met, you may have been exposed. Although most cases of COVID-19 will be mild, the Health Department recommends that you

- **Need to stay home and away from others (quarantine), depending on your vaccination status.** Please see the guidance on VDH's Exposed to COVID-19 webpage to learn more: <https://at.virginia.edu/nRK1TP>
- **Contact your healthcare provider to ask about getting tested** or find a community testing site: <https://at.virginia.edu/Tc68Bp>. Find out when to get tested here: <https://at.virginia.edu/IFkBWM>
- **Seek medical attention immediately if you have a medical emergency.** Emergency warning signs of COVID-19 include trouble breathing, pain or pressure in the chest, confusion, or pale, gray or blue-colored skin, lips or nail beds, depending on skin tone.
- **Wear a mask or cloth face covering** that fits snugly against your face and covers your nose and mouth when around others.
- **Wash your hands often with soap and water** for at least 20 seconds or use an alcohol-based hand-sanitizer.
- **Clean and disinfect high-touch surfaces** regularly (e.g., doorknobs, light switches, phones, remote controls, etc.).
- **Answer the call.** Your local health department may attempt to contact you with more recommendations.
- **If you develop symptoms for COVID-19, get a test, stay home (isolate), and follow the steps in [VDH's If You Are Sick web page](#).** Your close contacts will need to receive all the same guidance I am providing you today.

Source: <https://www.vdh.virginia.gov/coronavirus/media-and-communication-resources/resources-and-support/>

REMINDER: FACE COVERINGS MUST BE WORN INDOORS

ABOUT FACE COVERINGS

Per UVA's [Policy SEC-045](#), Facilities Management requires face coverings to be worn at all times while indoors at UVA properties, unless alone in an office or vehicle. [The CDC recommends](#) face coverings in any setting where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, essential worksites) especially in areas of significant community-based transmission.

Face coverings **shall not have exhalation valves or vents**, which allow virus particles to escape, and shall not be made of material that makes it hard to breathe, such as vinyl. See more from VOSH's *Revised Virginia Standard For Infectious Disease Prevention Of COVID-19*: <https://at.virginia.edu/LyoTAM>

The purpose of face coverings is to reduce the release of potentially infectious particles into the air when someone speaks, coughs, or sneezes. **Face coverings are not a substitute for physical distancing, washing hands, and staying home when ill.**

Here are examples of the various types of face coverings that are being used to protect public health:



N95 RESPIRATORS

N95 masks are only to be used when required by your job and/or task. N95 users are required to go through special fit testing & training. Users are fit tested to their specific model of face covering.

If you are unsure if your job requires an N95 OR you need training, contact your supervisor or FM-OHS@virginia.edu.



KN95

KN95 filtering facepiece respirators are certified under China's standards and are not cleared by the FDA or NIOSH. With supply shortages of N95s, more KN95 masks are starting to appear in this country. KN95 is not a substitute for an N95, but can be used to prevent spread of the virus.



DUST MASKS

These look like N95s or KN95s but they may not have the proper certifications.

Dust masks are okay for voluntary use. They are typically sold in hardware stores for people who need protection from sawdust and other construction work. Dust masks are disposable.



NEOPRENE FACE COVERS

The material is thick and can prevent the spread of droplets from the mouth and nose, depending on mask design. Neoprene fabrics are washable and reusable. Masks should be washed before reuse.

Face covers with valves on them should be double layered with a paper or cloth face cover to prevent the spread of droplets.



SURGICAL MASKS & CLOTH FACE COVERS

These masks do not filter out particles to the extent that N95 and KN95 masks do. They will contain droplets and spittle from the mouth and nose of the wearer, protecting those around the wearer.

"Double masking" or wearing two masks is recommended if you choose a cloth mask.



NECK GAITERS & BANDANAS

Cotton or synthetic materials are used to make these. The material is often thin for improved breathability, which means a decreased ability to contain droplets. Neck gaiters are made of stretchy synthetic fabric which makes them comfortable to wear.

Neck gaiters and bandanas offer significantly reduced protection and are **not considered an effective face cover at UVA FM.**

KN95 Mask Information & Resources

UVA Policy SEC-045: COVID-19 Health & Safety Requirements – Vaccination, Testing, Face Masks, Events and Gatherings, and Visitors <https://uvapolicy.virginia.edu/policy/SEC-045>

Face masks **are required for all people** (students, faculty, staff, contractors and visitors), both vaccinated and unvaccinated, who enter UVA properties:

- This includes University-owned or leased public spaces like academic or administrative buildings, libraries, labs, dining halls, IM/Rec facilities, all UVA Health properties, and public transportation.
- This does not include dorms or private housing (including common areas within those spaces), or those alone within individual offices.
- This policy will remain in effect indefinitely until federal, state, local and/or University directives deem a face covering is no longer necessary or recommended to help reduce the spread of COVID-19.

Appropriate use of face masks is critical in minimizing risks to others near you. COVID-19 can be spread to others even if no symptoms are being displayed. **A face mask should not be used as a substitute for social distancing.**

HOW TO PUT ON YOUR FACE MASK



- Wash hands or use hand sanitizer prior to handling the face mask.
- Be sure the face mask fits over the nose and under the chin.
- Place straps around the ears.
- AVOID TOUCHING THE FRONT OF THE FACE COVERING

HOW TO TAKE OFF YOUR FACE MASK



- Do not touch your eyes, nose, or mouth when removing the face mask.
- When taking off the face mask, loop your finger into the strap and pull the strap away from the ear.
- Wash hands immediately after removing.

KN95 MASK INFORMATION

ARE KN95 MASKS REQUIRED AT UVA?

KN95 masks are not required for faculty, staff and students in the Academic Division. New CDC guidance released on January 14, 2022, provides information on different types of masks and the varying levels of protection. It suggests that a KN95 mask may be considered in situations where greater protection is needed or desired, e.g., “when working at a job where you interact with large numbers of the public especially when everyone is not consistently wearing a mask.” Please note that wearing KN95 masks at UVA is entirely voluntary.

SHOULD I WEAR A CLOTH MASK WITH MY KN95?

No, wearing a cloth mask in addition to your KN95 reduces its effectiveness.

HOW SHOULD I CARE FOR AND STORE MY KN95?

Please **DO NOT** attempt to wash your KN95. With proper care, your KN95 should be reusable for an extended period of time.

To keep your KN95 clean between uses, store your mask in a safe location that other people cannot access and where it will not get wet or be subject to direct sunlight or excessive heat. A dry paper bag works well for storing your KN95.

WHEN SHOULD I DISCARD MY KN95 MASK?

You should replace your KN95 mask when it:

- Becomes soiled
- No longer covers the nose and mouth
- Has stretched out or damaged ties or straps
- Cannot stay on the face
- Has holes or tears in the fabric

A KN95 may be disposed of in the normal trash.

HOW TO GET K95s FOR WORK:

FM staff can requests KN95, 3-ply procedural, and fabric masks by using the [request form](#) and emailing it to fm-logistics@virginia.edu

Form:

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



CITATIONS

SEC-045: COVID-19 Health & Safety Requirements – Vaccination, Testing, Face Masks, Events and Gatherings, and Visitors. <https://uvapolicy.virginia.edu/policy/SEC-045>. January 19, 2022.

Types of Masks and Face Coverings | CDC.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>. January 14, 2022.

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.

UVA COVID-19 VACCINE & BOOSTER REQUIREMENTS

Per UVA Health System policy, [OCH-002: Occupational Health Screening and Maintenance](#): UVA Health Tier 1 team members (employees whose job-related activities require them to be present in Health System Facilities at any time in a given calendar year) are required to get the basic COVID vaccination. Tier 1 employees are strongly encouraged but not required to get the booster. Tier 2 team members are strongly encouraged but not required to get either the basic vaccination or the booster.

See OCH-002:

<https://at.virginia.edu/zzt4uF>

COVID-19, Allergy, Cold and Flu Symptoms



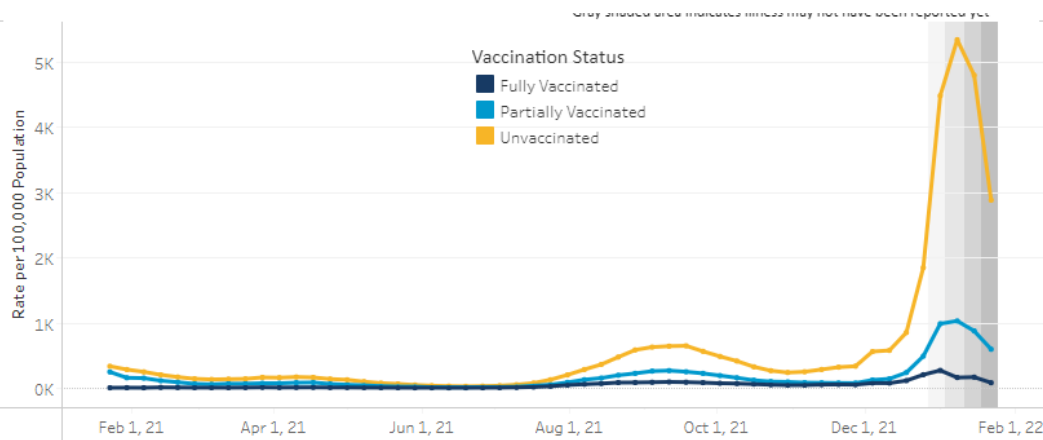
Symptom	COVID-19	Allergies	Cold	Flu
Body aches, muscle aches or severe muscle pain	✓	✗	✓	✓
Chills	✓	✗	Uncommon	✓
Cough or pressure in chest	✓	✓	✓	✓
Dizziness, confusion, difficulty waking up	✓	✗	✗	✓
Fatigue	✓	✓	✓	✓
Fever	✓	✗	Rare	✓
Headache	✓	✓	Rare	✓
Itchy or watery eyes	✗	✓	✗	✗
New loss of taste or smell	✓	✗	✗	✗
Pain or pressure in the belly	✗	✗	✗	✓
Runny or stuffy nose	Less common	✓	✓	✓
Seizures	✗	✗	✗	✓
Severe weakness	✓	✓	✗	✓
Sore throat	Less common	✓	✓	✓
Sneezing	✗	✓	✓	✓
Trouble breathing or shortness of breath	✓	Less common	✗	✓
Vomiting or diarrhea	✓	✗	✗	✓

Source: <https://brighamhealthhub.org/are-you-sick-with-covid-19-the-flu-or-a-cold/>

COVID-19 RESOURCES

COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 1/22/2022, unvaccinated individuals developed COVID-19 at a rate 4.6 times higher than fully vaccinated and 2.1 times higher than partially vaccinated individuals.



Breakthrough infections: As of 1/22/2022, **5,833,054** Virginians have been fully vaccinated

against COVID-19. Of these people, **2.3%** have developed COVID-19, **0.060%** have been hospitalized, and **0.017%** have died.

Even when a vaccine is highly effective, a small percentage of people who are fully vaccinated will still get COVID-19 if they are exposed to the virus.

- Because no vaccine is 100% effective, it is expected to see some fully vaccinated people get infected.
- In most cases, these people do not have symptoms or have only mild symptoms. These infections might also be shorter in duration.
- Breakthrough cases occur for all vaccine-preventable conditions.

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

Every Layer Protects Us

PREVENT

- Vaccinate
- Mask
- Distance
- Wash

YOU

CONTAIN

- Test
- Trace
- Isolate

PEOPLE YOU LOVE

VDH VIRGINIA DEPARTMENT OF HEALTH | **VACCINATE VIRGINIA** | [Vaccinate.Virginia.gov](https://www.vaccinatevirginia.gov) · 877-VAX-IN-VA (877-829-4682)



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.

February 4: National Bubble Gum Day

February 5: National Weatherperson's Day

February 6: Pay a Compliment Day

February 7: National Periodic Table Day

February 8: Extraterrestrial Culture Day

February 9: National Pizza Day

February 10: National Umbrella Day

**February 11: International Day of Women
and Girls in Science**