

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

02.11.2022

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

***Let Us Know:*** You can always email [FM-OHS@virginia.edu](mailto: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>

**BREAK UP WITH YOUR SPACE HEATER**

**BY FEBRUARY 28TH**

Trade in your space heater for an energy-efficient alternative to help be a part of climate action at UVA

**SIGN UP AT [SUSTAINABILITY.VIRGINIA.EDU](https://sustainability.virginia.edu)**

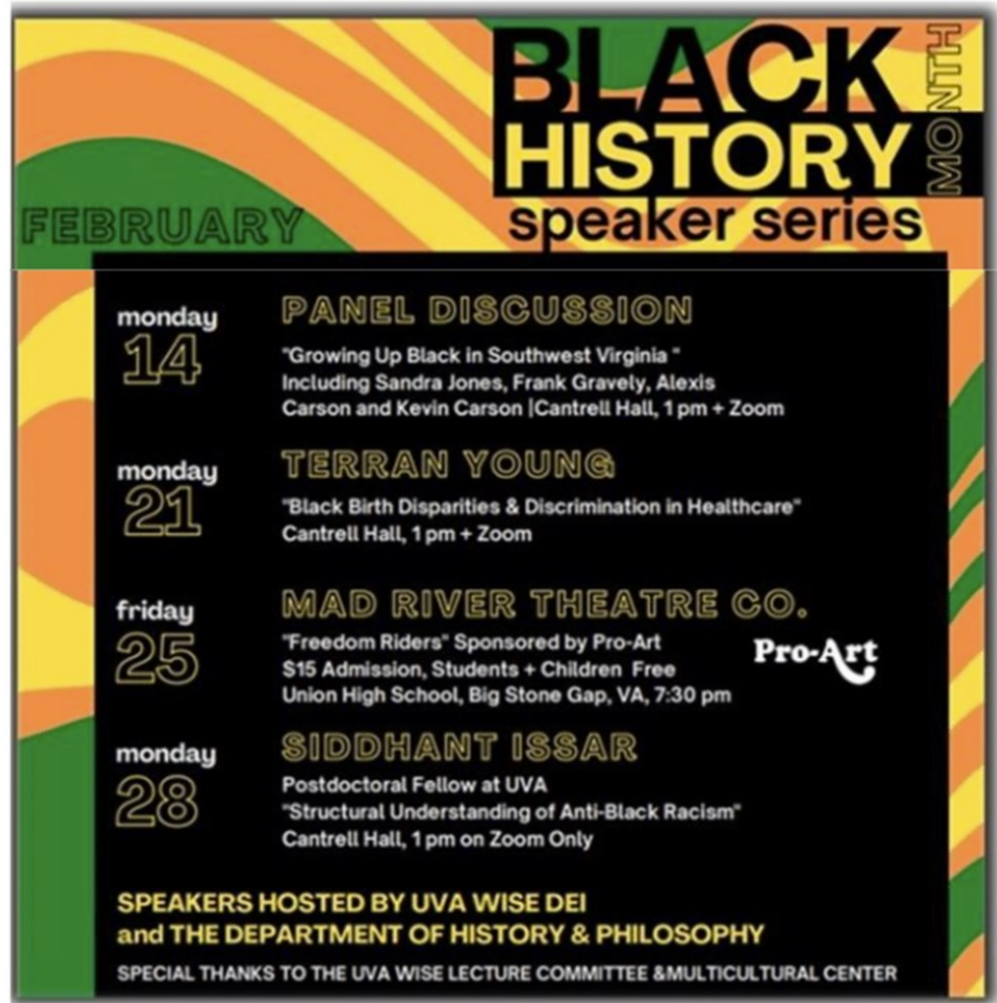
## DIVERSITY, EQUITY & INCLUSION

### UVA Wise Celebrates Black History Month

- “Growing up Black in Southwest Virginia: A Panel Discussion” on Monday, Feb. 14, at 1 p.m. via Zoom. Panelists include Rev. Sandra Jones, Frank Gravely, Alexis Carson and Kevin Carson.
- “Black Birth Disparities & Discrimination in Healthcare” on Monday, Feb. 21, at 1 p.m. via Zoom
- “Towards a Structural Understanding of Anti-Black Racism” on Monday, Feb. 28, at 1 p.m. via Zoom.

Register for upcoming Zoom events from UVA Wise for Black

History Month: <https://at.virginia.edu/XytWG3>



**BLACK HISTORY MONTH**  
FEBRUARY speaker series

monday 14	<b>PANEL DISCUSSION</b> "Growing Up Black in Southwest Virginia " Including Sandra Jones, Frank Gravely, Alexis Carson and Kevin Carson  Cantrell Hall, 1 pm + Zoom
monday 21	<b>TERRAN YOUNG</b> "Black Birth Disparities & Discrimination in Healthcare" Cantrell Hall, 1 pm + Zoom
friday 25	<b>MAD RIVER THEATRE CO.</b> "Freedom Riders" Sponsored by Pro-Art \$15 Admission, Students + Children Free Union High School, Big Stone Gap, VA, 7:30 pm
monday 28	<b>SIDDHANT ISSAR</b> Postdoctoral Fellow at UVA "Structural Understanding of Anti-Black Racism" Cantrell Hall, 1 pm on Zoom Only

**SPEAKERS HOSTED BY UVA WISE DEI and THE DEPARTMENT OF HISTORY & PHILOSOPHY**  
SPECIAL THANKS TO THE UVA WISE LECTURE COMMITTEE & MULTICULTURAL CENTER

### UVA and Beyond: A Conversation with Kevin McDonald & Melissa Thomas-Hunt

Join for a conversation between Kevin McDonald, Vice President for Diversity, Equity, Inclusion, and Community Partnerships, and Melissa Thomas-Hunt, the John Forbes Distinguished Professor of Business Administration at the Darden School of Business and Professor of Public Policy at the Batten School of Leadership and Public Policy. They will discuss Melissa's return to UVA, the future of DEI and a sense of belonging in organizations, how higher education can better prepare students, and more. February 22nd, 12pm. Register: <https://at.virginia.edu/VCTKIA>





## DIVERSITY, EQUITY & INCLUSION

### Preparing for the Super Bowl

- Did you know that an all-Native American NFL team was founded 100 years ago — to promote a dog kennel? Read more: <https://at.virginia.edu/vfeJW1>
- Be sure to catch UVA Math Professor Ken Ono in a Miller64 commercial leading up to the Super Bowl! Read more & see the video: <https://at.virginia.edu/eAZOaA>
- Learn how the Washington Football Team incorporated an inclusive process to arrive at their new name - Commanders. Read more: <https://at.virginia.edu/7z2AfB>



### See: Community Input on the UVA Affordable Housing Initiative

Check out the Affordable Housing Survey results featuring data collected from more than 1,000 responses to a survey that was open from December 14, 2021 through January 31, 2022.

See more: <https://prescouncil.president.virginia.edu/affordable-housing/community-input>

### Scholarship Opportunities for Children & Grandchildren of UVA Employees

- **The Faculty and Staff Scholarship.** This scholarship was created in 1997. The endowment was generated by employee contributions equally matched by the University. In the past six academic years, the Faculty and Staff Scholarship has been awarded to the children or grandchildren of four staff members and one faculty member, and the students have come from the College of Arts and Sciences and the Schools of Engineering and Nursing.
- **The Leonard W. and Jerry S. Sandridge Scholarship.** This scholarship was created in 2011 in honor of long-time UVA employee and then Executive Vice President and Chief Operating Officer, Leonard Sandridge and his wife, Jerry, in recognition of their enduring commitment to both employees and students. Since it was first awarded in the 2013-2014 academic year, there have been 35 recipients of the Sandridge award. Twenty-seven were the child or grandchild of a staff member and eight were the child or grandchild of a faculty member.

See the application form and additional eligibility requirements for each award:

<https://at.virginia.edu/3XuC4L>. If you have questions about either scholarship or about applying for financial aid, please contact Steve Kimata at (434) 982-6000 or [sfs@virginia.edu](mailto:sfs@virginia.edu).

# OCCUPATIONAL TRAINING

## Training Opportunities

### 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>

### 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>

## Free Tutoring for K-12 Children of UVA Staff

A promotional poster for free virtual tutoring for K-12 children of UVA staff. The poster has a light green and yellow background with a diagonal split. It features three bullet points with sun icons: "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.", and "Browse **available tutors** online to find the best fit." At the bottom, it says "Get started!" followed by the URL "https://at.virginia.edu/freeuvtutoring". There is a QR code and the University of Virginia Student Council logo on the right side.

**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/freeuvtutoring>

UNIVERSITY OF VIRGINIA  
**STUDENT COUNCIL**

## **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 2/8/2022:**

Questions on job listings should be directed to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

- |  |   |
|--|---|
| • R0032750 Construction Project Manager  | System Physical Plant                                 |
| • R0026830 Geospatial Space Analyst  | • R0030560 Carpenter Senior                           |
| • R0032868 Custodial Services Worker -<br>HSPP 5:00pm-1:30am                     | • R0030524 Boiler Operator                            |
| • R0032871 Custodial Services Worker -<br>10am-6:30pm shift and 5am-1:30pm shift | • R0032122 Construction Administration<br>Manager     |
| • R0032977 Sheet Metal Assistant Technician<br>- CC&R                            | • R0031883 Carpenter Senior                           |
| • R0032241 Fire and Safety Equipment In-<br>spector                              | • R0032006 Field Station Manager                      |
| • R0032833 Electrician Senior  | • R0032007 Landscape & Grounds Worker                 |
| • R0032538 Zone Maintenance Supervisor,<br>McCormick Zone                        | • R0031374 HVAC Mechanic                              |
| • R0032393 Logistics Coordinator   | • R0030791 Instrumentation & Controls Tech-<br>nician |
| • R0032442 Information Technology Special-<br>ist                                | • R0031242 Historic Masonry Supervisor                |
| • R0032788 HVAC Assistant Mechanic   | • R0026856 Senior Welder for Utility Systems          |
| • R0032466 Senior Administrative Assistant                                       | • R0029244 Carpenter Senior                           |
| • R0032487 Fire Systems Technician   | • R0031155 Instrumentation & Controls Tech-<br>nician |
| • R0032687 Electrical Assistant - HSPP   | • R0026545 Sheet Metal Technician - CC&R              |
| • R0030790 Recycling Worker  | • R0031380 Trades Utility Senior Worker               |
| • R0032149 Facilities Planner  | • R0030280 Chiller Plant Zone Supervisor              |
| • R0029999 Licensed Tradespeople (HVAC,<br>Electrical or Plumbing), Shift        | • R0030991 Custodial Services Worker                  |
| • R0032158 Operator/Pipe Layer or Senior<br>Operator/Pipe Layer                  | • R0030609 Elevator Assistant Mechanic                |
| • R0032413 Senior HVAC Mechanic - Health   | • R0030564 General Services Supervisor                |
|  | • R0024783 HVAC Mechanic                              |
|  | • R0025441 Plumber                                    |
|  | • R0030719 Sign Shop Worker                           |
|  | • R0030982 Utilities Supervisor                       |

**See more UVA FM Job Listings >>>**



## OCCUPATIONAL TRAINING

### UVA FM Job Postings, Continued from previous page

- R0030544 Carpenter - Construction & Renovation Services
- R0030513 Custodial Services Worker, Evening Shift
- R0030474 Custodial Services Worker
- R0030510 Custodial Services Worker
- R0030487 Fire Systems Assistant Technician
- R0029754 General Services Technician
- R0026820 Instrumentation & Controls Technician
- R0030397 Plumber Assistant
- R0030315 Utilities Manager
- R0028077 Custodial Services Worker
- R0025875 Landscape Plant Health Specialist
- R0022915 Trades Utility Senior Worker
- R0027779 Arborist
- R0026402 Electrician
- R0025247 Environmental Remediation Technician
- R0027977 IT Desk Support (Student Wage)
- R0026550 Mason - CC&R
- R0025382 Plumber

### Training for Current Managers & Supervisors

Attention managers and supervisors! The waitlist is now open for the following workshops offered in collaboration with Employee Relations.

- **Progressive Discipline Overview:** A progressive discipline policy is a multi-step process, progressing in severity with continued violations of policy. In this interactive workshop, we'll analyze sample cases that violate state and University policy. By engaging in activities and group discussions, this builds skills in the management and application of employee discipline - while strengthening the organization through the strategic relevance of existing policy.
- **Written Notice Writing Workshop:** Crafting a written notice is an interactive process between the manager and your Employee Relations Consultants. This workshop glides goes through the process of data collection, analysis and policy interpretations in an upbeat and stress-free environment.

If you are interested in attending either of these workshops email [fm-training@virginia.edu](mailto:fm-training@virginia.edu) to be added to the waitlist. Additional details to come.



### 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 >>](#)

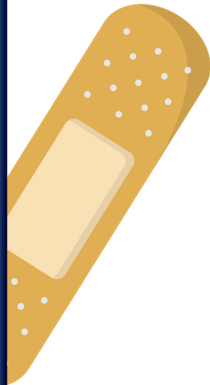
## Report Incidents, Near Misses, and Safety Concerns

Collecting these reports helps create a culture that seeks to identify and control hazards, which will reduce risks and the potential for harm at work.

Near Misses, Safety Concerns, and Incidents (Injury/First Aid) can be submitted at <https://at.virginia.edu/UVAFMNearMiss>

Near Misses and Safety concerns can be submitted anonymously/confidentially.

# WHY REPORT INCIDENTS



- **SUPPORT**

The OHS team will work with you to address hazards.

- **PREVENTION**

NO REPORTS = NO SOLUTIONS

- **AWARENESS**

Understand the risks present.

- **CULTURE**

Reporting incidents is expected & a way to improve safety at work.

**REPORT INCIDENTS  
OR NEAR MISSES:**



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

## OCCUPATIONAL HEALTH & SAFETY

### WORK SAFELY!

FM Occupational Health & 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.



### REMINDERS

OSHA.gov posts and emails workplace safety reminders daily.

Visit <https://www.osha.gov/workers> to learn more about this one.

Visit OSHA.gov to see more workplace safety reminders of the day.



Regardless of race, language or citizenship status  
– **all** workers have the **same right** to a safe workplace!

### 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](mailto: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](mailto: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](mailto: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.



# 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/>

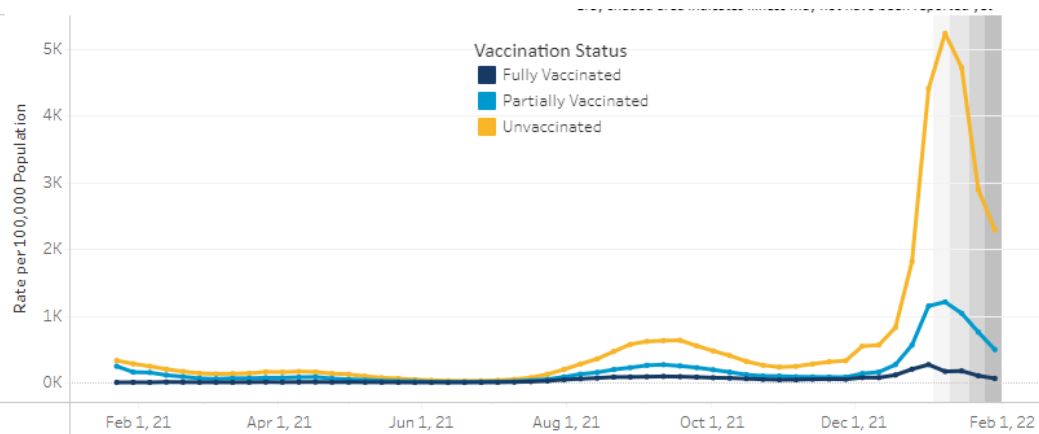
# COVID-19 RESOURCES

## COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 1/29/2022, unvaccinated individuals developed COVID-19 at a rate 4.7 times higher than fully vaccinated and 2.0 times higher than partially vaccinated individuals.

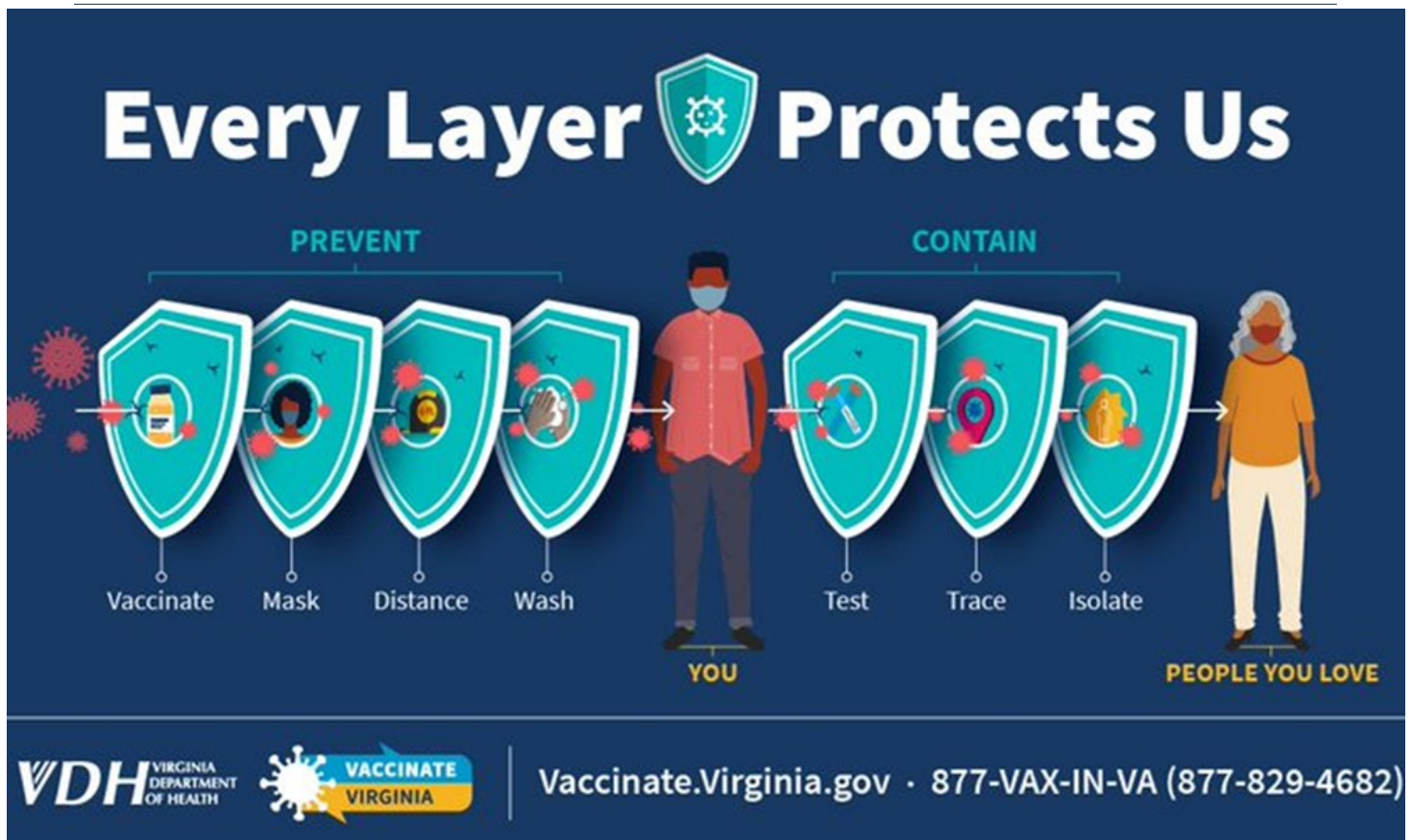
**Breakthrough infections:** As of 1/29/2022, **6,004,734** Virginians have been fully vaccinated

**against COVID-19.** Of these people, **2.3%** have developed COVID-19, **0.060%** have been hospitalized, and **0.0178%** have died.



- 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>



## KN95 Mask Information & Resources

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### 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.**

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### 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
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### 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

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



*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 11: National Make a Friend Day**

**February 12: National Freedom to Marry  
Day**

**February 13: National Internet Friends Day**

**February 14: Valentine's Day**

**February 15: Susan B Anthony Day**

**February 16: Tim Tam Day**

**February 17: Random Act of Kindness Day**

**February 18: National Caregivers Day**

*The Occupational Programs Weekly Wrap Up will take a short mid-winter hiatus for the week of Feb. 14, but will return on Feb. 25!*