

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

04.08.2022

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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

- Quick Links
- It's easier than ever to get your COVID-19 vaccine/booster!
- Updated: CDC's COVID-19 Booster Recommendations
- Face Coverings Update
- “Mask Preferred” Signs Available
- UVA COVID-19 Testing Guidelines
- How to Use an At-Home Test Kit
- At-Home Resources
 - ◆ Free N95 Masks
 - ◆ Free At-Home COVID-19 tests

Active Attacker Prevention and Response Training

**Newcomb Hall South Meeting Room
April 21, 4 PM**

In this 60-minute training, the Department of Safety & Security will discuss what University Threat Assessment, Emergency Management, and Police Department are doing to prevent, prepare for and, if needed, respond to an active attacker event. **Participants will learn about Emergency Notifications, how to report concerning behavior, and easy-to-remember options for people who are faced with a violent situation. This event is free and open to all students, faculty, and Academic Division staff.**

For more information, contact Mackenzie Baker, Emergency Management Coordinator, at jjr4qw@virginia.edu.

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

APPRENTICESHIP

APPRENTICE JOB APPLICATION IS LIVE UNTIL APRIL 29

This year, a single application is posted for all apprenticeship tracks and is open to all levels of experience. Applications will only be accepted online. Join us at the [Job Fair on April 12](#) to learn more.

As part of the application, the following documents and information are required:

- ◆ Cover letter
- ◆ Resumé
- ◆ **References:** Name, phone numbers, and/or email addresses of three non-family former colleagues and/or supervisors who can attest to your skills and qualifications. Recent students may use a teacher or professor they have worked with closely.
- ◆ **Letter of recommendation** from someone other than a family member. Additional letters of recommendation are optional.

Current UVA Employees can search for and apply to jobs using your existing [Workday account](#).
All others, apply here: <https://at.virginia.edu/gc32bS>

FM Apprenticeship Job Fair



The flyer features a vibrant background with diagonal stripes in blue, yellow, and orange. At the top left, the University of Virginia logo and 'Facilities Management' are displayed. The main title 'UVA FACILITIES MANAGEMENT APPRENTICESHIP PROGRAM JOB FAIR' is written in bold, slanted letters across the top. Below the title, there are images of three workers in safety gear: one in a white hard hat and mask, one in a blue shirt working on a machine, and one in an orange shirt with arms crossed. Text on the flyer includes: 'Featuring the UVA FM Apprenticeship Program and other local businesses with trades apprenticeships', a list of trades (Electrical, Carpentry, Plumbing, Masonry, HVAC), the event details 'April 12, 9:30-11:30 a.m., UVA Alumni Hall, 211 Emmet St. S., Charlottesville, VA 22903', and the application period 'Applications open March 18 - April 29'. A 'LEARN MORE' link is provided at the bottom.

April 12, Alumni Hall
9:30 AM to 11:30 AM

Open to the public

FREE PARKING @ Central Grounds Garage

Download the flyer:

<https://at.virginia.edu/7C45dv>

Also featuring:



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 4/6/2022:

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

- R0031108 Recycling Worker
- R0034775 HVAC Supervisor
- R0034658 Carpenter
- R0034777 HVAC Mechanic/HVAC Senior Assistant
- R0033786 Plumber
- R0033904 Electrician - CCR
- R0024783 HVAC Mechanic/HVAC Senior Assistant
- R0032007 Landscape & Grounds Worker
- R0034727 Mason - CC&R
- R0030524 Boiler Operator
- R0034425 Trades Utility Senior Worker
- R0034508 Electrician
- R0034252 Architect Associate
- R0034516 Project Associate
- R0034404 Plumber
- R0034241 Trades Utilities Worker
- R0034384 Plumber
- R0031374 HVAC Mechanic
- R0032788 HVAC Assistant Mechanic
- R0025318 Recycling Program Coordinator
- R0034152 Apprenticeship Program Manager
- R0034204 University of Virginia Apprenticeship Program
- R0034127 Training Development Specialist/Senior Specialist
- R0029754 General Services Technician
- R0033696 Occupational Programs Coordinator
- R0033013 Electrical Engineer
- R0028077 Custodial Services Worker
- R0028140 Recycling Supervisor
- R0033575 Senior HVAC Mechanic
- R0033175 Station Facilities Superintendent
- R0033637 Pipefitter/Steamfitter Senior
- R0033616 Pipefitter/Steamfitter
- R0030397 Plumber Assistant
- R0026856 Senior Welder for Utility Systems
- R0032158 Operator/Pipe Layer or Senior Operator/Pipe Layer
- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0033178 Electronic Door Mechanic
- R0032728 Operator Assistant - Heat Plant
- R0030474 Custodial Services Workers for Shifts Monday-Friday: 3:00pm - 11:30pm; 4:00pm - 12:30am; and 5:00am - 1:30pm
- R0032873 Custodial Services Worker - M - F 5:00 AM - 1:30 PM
- R0032868 Custodial Services Worker - HSPP 5:00pm-1:30am
- R0032487 Fire Systems Technician

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0032538 Zone Maintenance Supervisor, McCormick Zone
- R0032149 Facilities Planner
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030560 Carpenter Senior
- R0032122 Construction Administration Manager
- R0026545 Sheet Metal Technician - CC&R
- R0030564 General Services Supervisor
- R0030544 Carpenter - Construction & Renovation Services
- R0030513 Custodial Services Worker, Evening Shift
- R0030315 Utilities Manager
- R0025875 Landscape Plant Health Specialist
- R0027779 Arborist
- R0025247 Environmental Remediation Tech
- R0027977 IT Desk Support (Student Wage)

Training Opportunities

Recap: High Quality Workplace Conversations – The Power of Choice

Many UVA FM Employees took advantage of this Training Opportunity from UVA Organizational Excellence on April 6 to learn about how the science of collective intelligence and positivity can be applied to increase the quality of our workplace conversations for better organizational outcomes. It was led by Ed Hess, Professor Emeritus, Darden School of Business (To learn more about Ed, visit [his bio](#)) & Mary Brackett, Senior Associate, Office of Organizational Excellence. Thank you to everyone who joined! *Not pictured: Julie Thomas*



DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:

- **The Climate + Intergroup Relations Team** will be meeting with Bree Knick and Ryan Taylor on 4/14 to learn more about appreciation efforts to date at FM as well as Ryan's work with UVA HR R&R team as part of his Cornerstone Project.
- **The Access + Success Team** will meet with SVPO HR Business Partners on May 5th to learn more about the promotion process and are organizing a meeting with UVA HR Recruitment and HR Business Partners to learn more about the hiring process.
- **SVPO Consolidated IE Plan** is available on the UVA DEI website -
 - [Click here](#) to view all submitted IE plans to date
 - [Click here](#) to view the SVPO/Operations plan that includes the FM IE plan

Employee Resource Groups

UVA Military Veterans (Mil Vets) —

- Provides networking opportunities, education and informational resources, support and community building, as well as provide an opportunity to serve as an advocate for the veteran community with University leadership as necessary
- Annually hosts networking events on Grounds, identifies and communicates community resources, and hosts online discussion forums.
- **If you'd like to learn more about Mil Vets, please reach out to one of the many FM reps -**
 - **Nina Green**, HSPP Associate Director, nlg2n@virginia.edu, (434) 982-6418
 - **Fred Motz**, HVAC Installation and Repair Tech HSPP Zone 4, fdm2e@virginia.edu, (434) 465-5796
 - **Violet Snipes-Azzi**, FM Customer Service Rep, vsp4n@virginia.edu, (434) 924-8159
 - **Tracy Marcotte**, Senior Budget Analyst, tmm2jj@virginia.edu, (434) 924-7338
 - **Mike Vanderweide**, Supervisory Sr. Project Manager CC&R mjv6a@virginia.edu, (434) 982-0370



Mil Vet FM Reps from left to right: Nina Green, Fred Motz, and Violet Snipes-Azzi.
Not pictured, Tracy Marcotte and Mike Vanderweide.

DIVERSITY, EQUITY & INCLUSION

Events

- **FM Diversity Committee** meeting is **Thursday, April 14th**. Email committee chair Rollie Zumbrunn at rz9t@virginia.edu to receive the Zoom link to attend - *see you there!*
- **UVA's Queer Student Union celebrates 50 years of activism and history** - <https://www.cavalierdaily.com/article/2022/03/queer-student-union-celebrates-50-years-of-activism-and-history>
- **Black Faculty & Staff Employee Resource Group - Call for Nominations for Black Faculty and Staff Awards** - Nominations due on 4/14 to [Tobiyah Morris](#) -
 - The Black Faculty and Staff-Employee Resource Group serves as a representative voice for black faculty and staff at the University of Virginia in matters relative to the intellectual, professional, and emotional betterment within the UVA community and beyond. BFS-ERG would like to recognize outstanding work of our colleagues at the University of Virginia, specifically related to diversity, equity and inclusion. BFS-ERG is seeking nominations for the [Armstead Robinson Faculty Recognition Award](#) and the [Lincoln Vernon Lewis Staff Recognition Award](#).
- **Anne Spencer House & Gardens Tour, Saturday, May 7th, Lynchburg, VA**
 - Tour the home and gardens of Anne Spencer, poet of the Harlem Renaissance and significant figure of the black literary and cultural movement of the 1920s, civil rights activist, teacher, and librarian. Anne's granddaughter will tour the home and UVA Professors Lisa Reilly, Elgin Cleckly, and Alison Booth will share architectural, landscape, and digital literary projects that enhance the access to and knowledge of the gardens. \$35 includes talks, tours, and lunch. [Register here](#).
- **See how almost a quarter of humanity ushered in Ramadan** - <https://www.npr.org/sections/pictureshow/2022/04/02/1090441601/ramadan-2022-pictures>



- [World Autism Awareness Day](#)
- [International Transgender Day of Visibility](#)
- **English 1-1 Classes** are available through [UVA CAELC](#) if you or an employee are interested, please email [Emily Douglas](#) or call (434) 906-5810.

To learn more about these events or share any DEI updates, please contact Emily Douglas at em4hg@virginia.edu or FM-DEI@virginia.edu—thank you!

OCCUPATIONAL HEALTH & SAFETY

APRIL IS DISTRACTED DRIVING MONTH

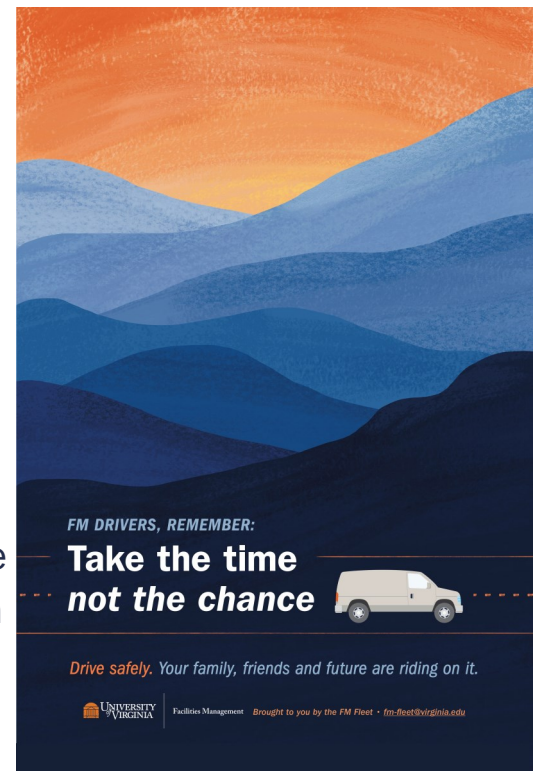
On average, 8 people are killed and nearly 800 injured each day in distracted driving crashes in the United States and Canada.

Follow these tips to avoid distraction and stay safe on the road:



- 1) **Never talk or text on the phone:** Even using voice-to-text or hands-free technologies can be distracting. Drivers talking on phones fail to see 50% of their surroundings.
- 2) **Avoid using touchscreens:** In-vehicle tech takes your mind off driving. Wait until you've stopped to interact with gps or other screens in the cab.
- 3) **Don't reach:** Trying to grab a phone or paper that is just out of reach is a distraction. Both hands are not on the wheel, and you won't have your eyes on the road.
- 4) **Wait to eat or drink:** If you are eating or drinking while driving, then both hands are not on the wheel, and you are dividing your attention.
- 5) **Always buckle-up:** Be prepared for other drivers to be distracted, even if you aren't. Wear your seatbelt.

Special thanks to Sonny Beale for sharing this from <https://swana.org/initiatives/safety>



2022 National Work Zone Awareness Week (NWZAW) is April 11-15. This year's theme is "Work Zones are a Sign to Slow Down."

FM OHS offers Work Zone Traffic Control Training, both basic and intermediate, to employees that will be involved in working around and controlling traffic.

To learn more, email FM-OHS@virginia.edu or visit the OHS Training page: <https://www.fm.virginia.edu/depts/ohs/training.html>

OCCUPATIONAL HEALTH & SAFETY

NOMINATE A SAFETY CHAMPION OR A SAFETY STAR



Each month, UVA FM recognizes a Safety Champion that contributes to the FM Culture of Safety. Any UVA FM employee can be an FM Safety Champion, from entry-level to management. Although all of our Safety Champions have contributed something different to UVA FM or UVA as a whole, **Safety Champions in general lead by example, speak up for safety and start conversations about safety, and are willing to learn and promote new ideas to keep themselves and their colleagues safe.**

Safety Stars also contribute to the culture of safety, but in smaller ways that may not affect the whole organization.

Use this form to nominate a Safety Champion or Safety Star: <https://at.virginia.edu/myRbai>

DON'T FORGET TO STRETCH & FLEX

Exercising before work can help prevent back, neck, and shoulder injuries. If workers have any doubts about their ability to do the exercises safely, they should not do them. If they feel any pain, they should stop immediately.

Warm up first. This helps to get your muscles warm and loose. A warm muscle is a lot less likely to tear than a cold one.

March in Place

Stand in position. Pump arms and legs in opposite directions. Make sure that your heels touch the ground. Continue 3 to 5 minutes.



Arm Circles

Stand with arms raised horizontally and slightly in front of shoulders, palms down, and feet shoulder-width apart. Rotate arms in forward circular motion for 15 seconds. Relax. Repeat 3 to 5 times, alternating direction.

Now we're ready for some stretching exercises.

The following stretches should be performed in a slow, controlled manner and held in a sustained stretch for 20 to 30 seconds. Avoid bouncy, jerky movements. Stretch only to a comfortable position, not to the point of pain.

Knee to Chest

Support yourself with one hand. With your free hand, pull your knee toward your chest and hold it for 30 seconds. Repeat with the other leg. Repeat three times for each leg.



Hip Stretch

Stand with one foot in front of the other. Place your hands just above the knee of your front leg. Gently bend your front knee. Keep your back foot flat on the floor. Hold 20 to 30 seconds. Repeat with other leg. Repeat three times for each leg.

Thigh Stretch

Support yourself with one hand. With your free hand, bend your leg back and grasp your ankle. Gently pull your ankle towards your body. Keep your trunk straight. Hold 20 to 30 seconds. Then repeat with the other leg. Repeat three times for each leg.



Calf Stretch

Lean on a solid support with your outstretched hands. Bend one leg forward and extend the other leg straight behind you. Slowly move your hips forward. Keep the heel of your back leg on the ground. Hold 30 seconds, relax, and repeat with the other leg. Repeat three times for each leg.



Backward Stretch

Stand up and bend backwards, holding for 2 to 4 seconds. Repeat 3 times. This will help relieve lower-back muscle tension. Do this stretch after working in a crouched, bent, or stooped position.

See more: <http://www.nlcsa.com/downloads/2019-08-22%20Toolbox%20Talk%20-%20Stretching.pdf>

COVID-19 RESOURCES

Helpful Links

- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- UVA Policy SEC-045-COVID-19 Health & Safety Requirement: <https://uvapolicy.virginia.edu/policy/SEC-045>
- OHS COVID-19 Resources: <https://www.fm.virginia.edu/depts/ohs/covid-resources.html>
- FM COVID-19 Communications: <https://www.fm.virginia.edu/employees/intranet/covid.html>

IT'S EASIER THAN EVER TO GET YOUR COVID-19 VACCINE!



Make your plan today.

Schedule your free vaccine using the resources below:

- [Vaccines.gov](https://www.vaccines.gov)

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.

Updated: CDC's COVID-19 Booster Recommendations

On March 31, CDC adopted new COVID-19 booster dose guidance recommended by the FDA to increase protection for certain populations at higher risk for severe disease. **The following individuals may receive a second booster dose of an mRNA COVID-19 vaccine (Pfizer or Moderna) at least 4 months after their first booster shot.:**

- Adults ages 50 & up.
- Individuals ages 12 and up who are considered moderately to severely immunocompromised dose.
- Adults ages 18-49 who received the Johnson & Johnson COVID-19 vaccine for their first dose and booster shot.

These new guidelines acknowledge that the individuals above face an increased risk of negative health outcomes from a COVID-19 infection. Not sure if you should get a second booster dose? Talk to your healthcare provider about your risk factors and whether or not you would be considered immunocompromised.

Read the CDC's full update: <https://www.cdc.gov/media/releases/2022/s0328-covid-19-boosters.html>

COVID-19 RESOURCES

Face Coverings

In an email that went out on [March 25](#), UVA leadership reminded employees that University masking requirements were lifted, with a few exceptions, on March 21, and eliminated the requirement to wear a mask while in class for UVA students on March 28.



Masks are still required in:

- UVA Health clinical facilities in accordance with their policies, and
- University Transit busses.

Individuals with [certain medical conditions](#), who are immunocompromised, have immunocompromised household members, and/or are simply more comfortable wearing a mask are encouraged to continue practicing all COVID-19 precautions (masking, handwashing, etc.) as this disease remains in our community. FM Occupational Programs will continue to have masks available at trainings for those who would like to wear them.

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

“Mask Preferred” Signs Available

There’s nothing wrong with preferring that individuals entering your work area wear a mask. Masking has been shown to protect those at risk from catching the virus that causes COVID-19.

While masks are now optional in non-patient care areas, UVA faculty & staff may request “Mask Preferred” signs to be installed in their office area.



To make a request, visit the [FM Customer Portal](#) (<https://customerportal.fm.virginia.edu>), select [Request Service](#), request “[Other](#)” and specify the “mask preferred” signage in the description.



Contact the FM Service Desk at 434-924-1777 for assistance.



COVID-19 TESTING

Spring 2022

The following testing guidelines are effective as of March 28th, 2022.

Why are you testing?	Students	Academic Faculty & Staff	UVA Health Team Members
I'm symptomatic.*	<p>SELF-ISOLATE AWAY FROM OTHERS.</p> <p>Schedule a COVID-19 testing appointment at Student Health and Wellness or report a positive test result using the HealthyHoos patient portal at www.healthyhoos.virginia.edu.</p>	<p>SELF-ISOLATE AWAY FROM OTHERS.</p> <p>Contact Employee Health at 434-924-2013 for evaluation or <u>schedule a testing appointment online</u>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or employeehealth@virginia.edu)</p>	
I'm a close contact.**	<p> FOLLOW VDH GUIDANCE.</p> <p>Schedule a COVID-19 testing appointment at Student Health and Wellness or report a positive test result using the HealthyHoos patient portal at www.healthyhoos.virginia.edu.</p>	<p> FOLLOW VDH GUIDANCE.</p> <p>Contact Employee Health at 434-924-2013 for evaluation or <u>schedule a testing appointment online</u>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or employeehealth@virginia.edu)</p>	
I'm unvaccinated and was prevalence testing.	<p>Prevalence testing is no longer required. Please review <u>VDH guidance</u> on how to keep yourself and others safe.</p>		<p>Continue prevalence testing at Employee Health.</p>
I'm testing for travel.	<p>Please review this <u>SHW travel resource</u> to prepare for required testing before travel. Testing and vaccination requirements will vary based on airline and destination.</p>		
I'm testing for an event, before seeing family, or another proactive reason.***	<p>Rapid antigen at-home tests are available for free at the <u>SHW Pharmacy</u> and <u>UVA Bookstore Pharmacy</u> through the end of the spring semester, while supplies last. Let's Get Checked kits can also be <u>ordered through the portal</u> while supplies last. Rapid antigen at-home tests are also available at local pharmacies, and <u>insurers are required</u> to fully cover 8 over-the-counter at-home tests per covered individual per month.</p>		<p>For all other testing (travel, required for conference, etc.) Please visit the BRHD website for alternative testing sites: www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites</p>

* **Symptoms of COVID-19** include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea. **Source:** CDC

** **A close contact is defined as** being within six feet of a person who has tested positive for COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period (e.g. having lunch or being part of a gathering with them); living with them; providing care for them; or having exposure to respiratory secretions (e.g., being coughed or sneezed on, sharing a drinking glass or utensils, kissing) from them.

*** Please be thoughtful about your use of community testing resources!



VDH has a new quarantine and isolation calculator that provides timeframes based on your vaccination status, specific date of exposure or symptom start, next steps to take, resources, and more.

Check it out at www.vdh.virginia.gov/coronavirus/protect-yourself/isolation-quarantine

USING YOUR SELF-TEST | COVID-19 |

1 Follow instructions very carefully.



Use the QR code below for more information about self-testing and how-to videos.

2



3 If your results are positive Isolate yourself from others. As much as possible, stay in a specific room and away from other people and pets in your home.

Tell your close contacts that they may have been exposed to COVID-19.



4

If you are at an increased risk of becoming severely ill, treatment maybe be available. Contact your health care provider right away if your test result is positive.

UVA Employee Health
434-924-2013



www.cdc.gov/covidtesting

COVID-19 RESOURCES

Virginia Department of Health Resources

Free N95 Masks

It has been proven that all masks and respirators are effective at reducing transmission of SARS-CoV-2, the virus that causes COVID-19, when worn consistently and correctly. Properly fitting respirators like an N95 mask provide the highest level of protection. Wearing a highly protective mask or respirator may be most important in certain high risk situations, or for people at increased risk for severe disease.

Last week, the CDC launched a new resource to help you find free N95s. To find free N95s near you, [visit the online search tool](#) or call 1-800-232-0233 (TTY 1-888-720-7489). You can also visit the CDC website to [learn how to use an N95 properly](#). Blue Ridge Health District will continue to provide free N95s at all [Mobi sites](#), as well.

If your job duties require you to wear an N95, you must be fit tested & trained prior to use. Email FM-OHS@virginia.edu to find out more about fit testing.

Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order 2 sets total of 4 free at-home tests from <https://www.covidtests.gov/>

Get free at-home COVID-19 tests

Insurance Reimbursement for At-Home Tests

If you have health insurance through an employer or Marketplace, your insurance will pay you back for **8 at-home tests each month for each person** on your plan when purchased through a participating retailer. The test will either be free directly at the point of sale, if your health plan provides for direct coverage, or by reimbursement if you are charged for your test. Be sure to keep your receipt if you need to submit a claim to your insurance company for reimbursement. If your plan has set up a network of preferred providers at which you can obtain a test with no out-of-pocket expense, you can still obtain tests from other retailers outside that network. Insurance companies are required to reimburse you at a rate of up to \$12 per individual test (or the cost of the test, if less than \$12).

Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests. If you already ordered your first set, order a second today.

[Order Free At-Home Tests](#)

Need help placing an order for your at-home tests? Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

If you are a member of the UVA Aetna Health Plan, you can learn more about reimbursements here: <https://health.aetna.com/sites/covid19-otc-home-test-commercialA.html> or log in to your [Aetna account](#) & select “Get Test Kits & Reimbursements” on the homepage.

Self-tests give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. **These tests are useful if you think you’ve been exposed, are having symptoms, or simply would like to test for peace of mind before visiting another household.**



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.

April 8: National All is Ours Day

April 9: National Unicorn Day

**April 10: National Public Safety
Telecommunications Week**

April 11: National Eight Track Tape Day

**April 12: Yuri's Day/The World Space
Party**

April 13: National Scrabble Day

April 14: National Gardening Day

April 15: Passover