

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

04.20.2022

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If you're reading this,
stop and take three
deep breaths.

Then relax your
shoulders.

Take a sip of
water.



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

*With a special feature for the Ramadan/
Passover/Easter intersection.*

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/j9Tpnq>

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.

Go to <https://apprenticeship.fm.virginia.edu/application.html> to see the requirements for the application.

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

SCHOOL VISITS AND CAREER FAIRS

Current apprentices are taking part in a number of local career fairs and school visits to promote the program to those just entering the workforce or considering a career change. See some pictures below:



TOP: Thanks to Pedro Gonzales (📷 credit) & Nazeer Bahauddeen (pictured) for representing the UVA FM Apprenticeship Program and meeting potential future apprentices at Albemarle High School on April 15!



RIGHT: Blake Shifflett, Jonathon Taylor and Chauncey Johnson attended the Greene County Career Expo on April 18 to promote the program.

Email FM-Apprenticeship@virginia.edu if you know of a school or career fair that would be a good fit!

DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:

- The Climate + Intergroup Relations Team will meet with FM HR Business Partner Elsa Burnette on April 28th to learn about the R&R process, purpose and origins at FM.
- 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.

Employee Resource Groups

FM Diversity Committee —

- Met last Thursday to discuss events, updates, and the UVA student-produced and directed film, [Common Grounds?](#).
- The group will meet again in June. If interested in joining, please email committee chair [Rollie Zumbrunn](#) to receive the calendar invitation.

UVA Military Veterans -

- President Ryan competed in the Boston Marathon this week in honor of Veterans. To help raise funds for the Veteran Student Center at UVA, many veterans names were listed on the back of his running shirt - including UVA FM Facilities Management Vets! Check it out on Facebook: <https://www.facebook.com/presjimryan/posts/426437565957044>



Jim Ryan

2h · 🌐

Today, I am running the Boston Marathon for veterans. Thanks to all the donors who helped raise over \$15,000 for the Veteran Student Center at UVA – and for sponsoring the names of a veteran that I will wear on the back of my jersey. I know many other Hoos are running today so I wish them, and everyone else running, a good race.



DEI Events

- **Mentoring: Developing Your Professional “Board of Directors”**, Thursday April 28th 8am-10am in-person at Zehmer Hall, hosted by the [UVA Chapter of the Virginia Women’s Network](#). [Click here to register and learn more.](#)
- **Inclusive Climate at UVA: BIPOC Inclusion Panel and Discussion**, Tuesday, April 26th 10am-11am via Zoom with members of the [UVA Racial Equity Taskforce](#) and [UVA Black Faculty & Staff Employee Resource group](#).
 - [Click here to register](#) // [Click here to download a shareable flyer](#).
- **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!

DEI Events



Division for Diversity,
Equity, and Inclusion



Join us for a Division for Diversity, Equity, and Inclusion learning series event:

"Race to the Future? Reimagining the Default Setting of Technology & Society"

Ruha Benjamin, Professor of African American Studies, Princeton University

Thursday April 28, 2022
3pm (ET)

From everyday apps to digital learning environments, technology has the potential to hide, speed, and deepen discrimination while appearing neutral and even benevolent when compared to racist practices of a previous era. In this talk, [Ruha Benjamin, Professor of African American Studies, Princeton University](#), presents the concept of the "New Jim Code" to explore a range of discriminatory designs that encode inequity. This presentation takes us into the world of biased bots, altruistic algorithms, and their many entanglements, and provides conceptual tools to decode tech promises with historical and sociological insight. She will also consider how race itself is a tool designed to stratify and sanctify social injustice and discuss how technology is and can be used toward liberatory ends. In doing so, Ruha challenges us to question not only the technologies we are sold, but also the ones we manufacture ourselves.

[REGISTER HERE](#)

This event is presented in partnership with the [School of Data Science](#), the UVA [Diversity Council](#) Learning Committee, the [Center for Diversity in Engineering](#), the [School of Education and Human Development](#), and [Facilities Management](#).

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 4/18/2022:

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

- R0030474 Custodial Services Workers for Monday-Friday 4:00pm - 12:30am shift
- R0035200 Quality Control Inspector
- R0035104 Electrical Engineering Technician or Associate
- R0033013 Electrical Engineer/Engineering Associate
- R0035037 Maintenance Engineer
- R0031155 Instrumentation & Controls Technician
- R0034860 Construction Superintendent
- R0031108 Recycling Worker
- R0034775 HVAC Supervisor
- R0034658 Carpenter
- R0034777 HVAC Mechanic/HVAC Senior Assistant
- R0033786 Plumber
- R0033904 Electrician - CCR
- R0032007 Landscape & Grounds Worker
- R0034727 Mason - CC&R
- R0030524 Boiler Operator
- R0034425 Trades Utility Senior Worker
- R0034508 Electrician
- R0034252 Architect Associate
- R0034404 Plumber
- R0034241 Trades Utilities Worker
- R0034384 Plumber
- R0031374 HVAC Mechanic
- R0032788 HVAC Assistant Mechanic
- R0025318 Recycling Program Coordinator
- R0034204 University of Virginia Apprenticeship Program
- R0034127 Training Development Specialist/Senior Specialist
- R0029754 General Services Technician
- R0033696 Occupational Programs Coordinator
- R0028077 Custodial Services Worker
- 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
- R0032728 Operator Assistant - Heat Plant
- R0032873 Custodial Services Worker - M - F 5:00 AM - 1:30 PM
- R0032868 Custodial Services Worker - HSPP 5:00pm-1:30am
- R0032538 Zone Maintenance Supervisor, McCormick Zone

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0032487 Fire Systems Technician
- R0032149 Facilities Planner
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030560 Carpenter Senior
- R0032122 Construction Administration Manager
- R0026545 Sheet Metal Technician - CC&R
- 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)

Meet Derek Wilson, Director of The UVA Health System Physical Plant

From UVA HR News – April 2022

The [UVA Health System Physical Plant \(HSPP\)](#) is directed by Mr. Derek Wilson. Under Derek's guidance, leadership, and partnership, Facilities Management at the Health System ensures that all systems and infrastructure at the main Medical Center campus and at satellite clinical sites are fully operational so that clinical team members can reliably deliver the service and patient care that is consistent with the Health System's ASPIRE values. Derek was nominated for Uteam Member of the Month, and we celebrate his contributions to the Health System in this story.



Learn more about Derek Wilson & FM's partnership with UVA Health:

<https://hr.virginia.edu/spotlight-hs-physical-plant-derek-wilson>

Nominate A Deserving Colleague for The Hoos Building Bridges Award

Do you know a colleague who has made an impact by building partnerships across Grounds? If so, consider nominating them for this year's Hoos Building Bridges Award. **This award recognizes University staff or team members who demonstrate leadership and build thoughtful collaborations and relationships across schools, units, and/or departments that advance our work as an institution.**

Currently employed, salaried, and non-probationary University staff, classified staff, UPG staff, UVA Health team members, and Contingent Workers (UVA Foundation, Aramark, Morrisons) are eligible for consideration. Faculty are ineligible for this award.

Nominate an individual or group by April 22! If you have questions, please email AskHR@virginia.edu.

Visit the Rewards & Recognition webpage for more information and to view the nomination form:

<https://hr.virginia.edu/career-development/recognition-0>

OCCUPATIONAL HEALTH & SAFETY

APRIL IS DISTRACTED DRIVING MONTH

Practice Intersection Safety

Collisions with other vehicles often occur at intersections. Pedestrians and bicyclists often are in intersections, too. Drivers need to be aware of others on the road and sidewalks before proceeding.

To avoid incidents:

1. **Scan the intersection** before you enter it.
2. **Look both ways** when going through an intersection.
3. **Don't run yellow lights.**
4. **Come to a full stop** at all stop signs and red lights
5. **Use turn signals and mirrors** when turning
6. **Watch for people and bikes** when turning right
7. **Don't be distracted** – no texting or cell phone use



According to the US Federal Highway Administration, **more than 50% of fatal and injury crashes occur at intersections.**

Learn more: <https://highways.dot.gov/research/research-programs/safety/intersection-safety>

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

HOIST & RIGGING TRAINING

All employees who will be expected to operate hoist and rigging equipment are required to receive proper training prior to operation. This includes a one-day classroom and hands-on course. Training includes hoist set-up, load dynamics, lift planning, load charts, rigging, and signaling, and use of required personal protective equipment (PPE). Email fm-ohs@virginia.edu if your team needs this!



Thanks to everyone that took part in the latest Hoist & Rigging Training last week!

Check out some pictures:



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



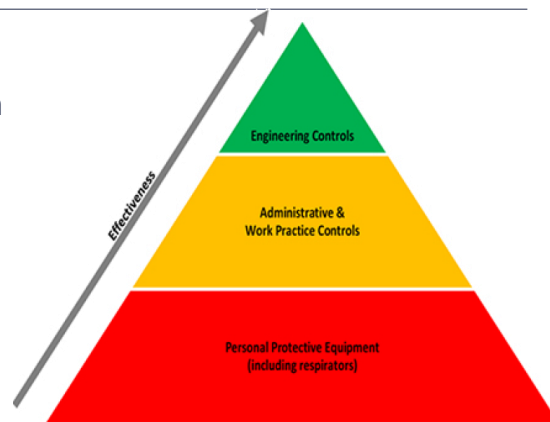
Each month, UVA FM recognizes a Safety Champion that contributes to the FM Culture of Safety. Any UVA FM employee can be an FM Safety Champion, from entry-level to management. Although all of our Safety Champions have contributed something different to UVA FM or UVA as a whole, **Safety Champions in 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/myRbaj>

CONTROL HAZARDS: MUSCULOSKELETAL INJURIES

Ergonomic solutions should be implemented to prevent employees from being injured at work. Interventions can include modifying existing equipment, making changes in work practices and purchasing new tools or other devices. Making changes can reduce physical demands, eliminate unnecessary movements, lower injury rates and their associated costs, and reduce employee turnover. In many cases, work efficiency and productivity are increased as well. Simple, low-cost solutions are often available to solve problems.



Type of Control	Workplace Examples
<p>Engineering Controls (implement physical change to the workplace, which eliminates/reduces the hazard on the job/task)</p>	<ul style="list-style-type: none"> → Use a device to lift and reposition heavy objects to limit force exertion → Reduce the weight of a load to limit force exertion → Reposition a work table to eliminate a long/excessive reach and enable working in neutral postures → Use diverging conveyors off a main line so that tasks are less repetitive → Install diverters on conveyors to direct materials toward the worker to eliminate excessive leaning or reaching → Redesign tools to enable neutral postures
<p>Administrative and Work Practice Controls (establish efficient processes or procedures)</p>	<ul style="list-style-type: none"> → Require that heavy loads are only lifted by two people to limit force exertion → Establish systems so workers are rotated away from tasks to minimize the duration of continual exertion, repetitive motions, and awkward postures. → Design a job rotation system in which employees rotate between jobs that use different muscle groups → Staff "floaters" to provide periodic breaks between scheduled breaks → Properly use and maintain pneumatic and power tools
<p>Personal Protective Equipment (use protection to reduce exposure)</p>	<ul style="list-style-type: none"> → Wear good fitting thermal gloves to help with cold conditions while maintaining the ability to grasp items easily

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.
- 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.



MASK PREFERRED
and appreciated

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 <i>or</i> 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 <i>or</i> 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.



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.

COVID-19 RESOURCES

mRNA COVID-19 Vaccines Fully Approved

On January 1, 2022, FDA upgraded Moderna's mRNA COVID-19 vaccine status from Emergency Use Authorization (EUA) to full approval. Pfizer's mRNA vaccine received full approval on August 21, 2021, which means we have two FDA-fully approved vaccines to combat the SARS-COV-2 virus. **So what does it mean for a vaccine to have full approval?**

- **It's the highest standard of approval given by the FDA, incorporating additional safety testing**
- **340,000+ pages of research have been reviewed- all showing high levels of safety & effectiveness**
- **It allows the vaccine to be distributed after the public health emergency ends**

Full authorization reaffirms that mRNA vaccines are safe and highly effective in protecting individuals against severe illness, hospitalization, and death from a COVID-19 infection. **If you've been waiting for full FDA approval, now is the time to schedule your vaccination! Visit the [BRHD website](#) for more information on where you can get vaccinated and schedule your appointment today.**

The Latest: COVID-19 Isolation and Quarantine Guidelines

Even though COVID-19 case rates are lower than we have seen in the last few months, people are still testing positive and being exposed to the virus every day. To help keep infection rates as low as possible, it is important to know what to do if you test positive or are exposed to someone who has COVID-19.

According to the CDC, if **exposed** to a positive COVID-19 case:

- **Fully vaccinated and boosted individuals** should commit to a **10-day period of strict mask usage around others.**
- **Unvaccinated and un-boosted individuals** should quarantine for **5 days, followed by another 5 days of strict mask usage.**
- **All individuals, regardless of vaccination status, are recommended to get tested 5 days after the initial exposure.** If at any point the individual starts experiencing symptoms, they should seek testing and return home immediately until a negative test confirms symptoms are not COVID-19 related.

For anyone who **tests positive** for COVID-19, regardless of vaccination status:

- **All individuals, regardless of vaccination status, should isolate for 5 days.**
- **Asymptomatic individuals or those individuals with mild symptoms** that resolve within 5 days may **end isolation on day 5, followed by another 5-day period of strict mask usage.**
- **Symptomatic individuals, including those with fever or any other symptoms that have not resolved by day 5, should remain in isolation until symptoms have improved and/or the fever breaks without the help of fever-reducing medication.**

Read more about quarantine and isolation guidelines on the CDC's website:

<https://at.virginia.edu/qv7uxy>



let's celebrate!

Last Week: Ramadan, Easter, and Passover

The *OP Wrap Up* took a break last week and missed the chance to note this once-in-30-year intersection of Abrahamic faiths that are the foundation for Western religion.

Ramadan: April 1 to May 2



Ramadan commemorates the first revelation of Islam's founder and main prophet, Muhammad, and is meant as a time of reflection and prayer. Muslims fast between sunrise and sundown for 30 days, or from one crescent moon sighting to the next.

Typically, each day of fasting begins with a predawn meal, suhur, and ends after sunset with a date and glass of water. Then, the post-sunset meal, iftar, is eaten together with family or the broader Muslim community. Muslims follow the end of Ramadan with Eid al-Fitr, a holiday full of feasting and merriment.

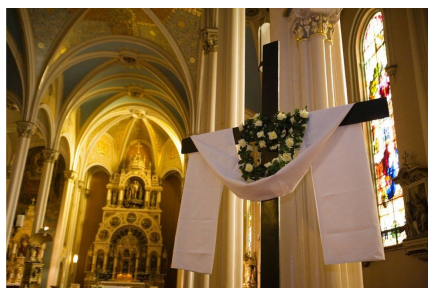
Passover: April 15-23

Passover is a major Jewish holiday that celebrates the ancient Hebrews' exodus from slavery in Egypt. The holiday specifically commemorates the saving of Hebrew firstborn sons during the 10th plague sent by God to the Egyptians to convince the pharaoh to free the Hebrews from slavery.



The holiday lasts seven days and begins with the Passover Seder, meaning the Feast of Unleavened Bread. Occurring on the first or second night of Passover, the meal gathers family and members of the Jewish community for remembrance and reflection.

Holy Week/Easter: April 10-17



Holy Week for Western Christians began on Palm Sunday on April 10 this year and ended on Easter, Sunday, April 17. On this day, followers remember the resurrection, or return from the dead, of God's son, Jesus, after he was killed by crucifixion the prior Friday. This celebration culminates the 40 days of Lent, and often includes a church service followed by a family meal. Traditional Easter meals center on ham, in stark contrast to Islamic and Jewish menus that exclude pork. Orthodox Christians will celebrate Easter, called Pascha, on April 24.

Learn more: <https://www.dw.com/en/passover-easter-ramadan-2022-fall-simultaneously/a-61478935>



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 is Distracted Driving Awareness Month

April 20: National Cheddar Fries Day

April 21: National Tea Day

April 22: Earth Day!

April 23: World Book Day

April 24: National Pet Parents Day

April 25: National DNA Day

April 26: National Help A Horse Day

April 27: Denim Day