

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

05.06.2022

In this issue:

Click the item title to go to the corresponding page. *Downloading this document may be necessary.*

DIVERSITY, EQUITY & INCLUSION

- Inclusive Excellence Update
- Employee Resource Groups
- Community Events & News

OCCUPATIONAL TRAINING

- View & Apply for FM Jobs
- Learning Opportunities: New ITS Office
365 Workshop Series

APPRENTICESHIP

- Hiring: Next Steps

OCCUPATIONAL HEALTH & SAFETY

- Cameron Ratliff: Safety Champion
- DUE this month: Fall Protection
Equipment Inspection
- Training Spotlight: Confined Space
Entry—Crawlspace & Attics
- Preventing Slips, Trips, and Falls
- Wellness Resources:
 - ◆ Suicide Prevention: 5 Things You
Should Know from OSHA
 - ◆ Animal Bites: “I’ve Been Bitten—
What should I do?” from VDH
 - ◆ Mental Health Resources from
JMRL



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

COVID-19 & VACCINE RESOURCES

- Quick Links
- It's easier than ever to get your COVID-19
vaccine/booster!
- CDC Booster Recommendations
- What to do: Positive At-Home Test
- Face Coverings Update - 5/1/2022
- “Mask Preferred” Signs Available
- PHEL Update
- UVA COVID-19 Testing Guidelines
- At-Home Resources
 - ◆ Free N95 Masks
 - ◆ Free & Reimbursed At-Home COVID-
19 tests

UVA EDGE IS BACK!

UVA Edge is returning for Fall 2022, and
applications are open!

UVA EDGE

UVA Edge is a three-semester, online program that helps working adults develop career skills and take a step toward a degree by earning 20 undergraduate credits from UVA. It's designed for adult learners with little-to-no college experience who may also be juggling work and other responsibilities.

Deadline to apply is May 15, 2022.

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>

DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:

- **The Climate + Intergroup Relations Team** has met with multiple stakeholders to learn more about the FM Rewards and Recognition (R&R) process. To learn more about **FM R&R** and how anyone can appreciate FM employees, click here - <https://www.fm.virginia.edu/employees/reward.html>
- **The Access + Success Team** met with SVPO HR Business Partners yesterday to learn more about the promotion and career advancement processes and tools available for FM employees.
- FM IE Survey and Plan can be found here - <https://diversity.fm.virginia.edu/inclusive-excellence.html>

Employee Resource Groups

→ May is Military Appreciation Month

- Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show their appreciation for troops past and present.
- Not only do we pause on Memorial Day to remember the sacrifice and service of those who gave all, but the month also holds several other military anniversaries and events, including Military Spouse Appreciation Day and Armed Forces day.



In celebration, Busch Gardens is offering Active Duty and Veterans 4 free park tickets through their website. [Click here to get your tickets!](#)



THANK YOU to all Active Duty and Veterans - especially our colleagues in FM and our FM representatives on the UVA Military Veterans Community - Nina Green, Tracy Marcotte, Fred Motz, Violet Snipes-Azzi, and Mike Vanderweide!!!

DIVERSITY, EQUITY & INCLUSION



DEI Events & News

VISAS English Program Graduation Event

On April 29th, FM celebrated 23 employees who participated in English classes with the UVA **VISAS** program this year. FM employees and participants Jenny Nunez, Pedro Gonzalez and Ezekiel Bizimana spoke at the event to share their experiences of the program, and express gratitude to the FM managers who make time for professional development and their VISAS English partners.



Speakers, Pedro Gonzalez, Jenny Nunez and Ezekiel Bizimana



Tuesday English Group



Thursday English Group



Tues/Thurs English Groups

Congratulations to the FM Graduates!!

- | | |
|------------------------|-----------------|
| Sebijeri Munyabirembo | Yaneth Cordoba |
| Tresor Ziekial | Huseyin Yetim |
| Zarkpa Helen Quaye | Judy Tangoulou |
| Chosang Wagnmo | Pedro Gonzalez |
| Jean Kalenga | Nilba Mejia |
| Rindou Nagangtsang | Tedy Ebunga |
| Marjorie Constanza | Cadeau Zabibu |
| Ezekiel Bizimana | Tsering Yangzom |
| Jenny Nunez | Jeanne Kalenga |
| Cecilia Dogble | Mary Njogu |
| Key Rodriguez | |
| Mohammed Sayed Hashemi | |
| Mirna Flores | |

DIVERSITY, EQUITY & INCLUSION

- **FM Diversity Committee** will meet next week Wednesday, May 11th at 10am. To join the conversation, please email committee chair [Rollie Zumbrunn](#).
- **FM Elevator Technician Lester Jackson** (Nathaniel Star) will participate in a Charlottesville Reading Series event on Friday May 20th at 7pm at New Dominion Bookshop. [Click here for more details](#).
- **FM Cell Phone Rollout Update** -
 - Following the work of the FM Inclusive Excellence team and FM Leadership, Richard Covington and the IT Helpdesk Team including Asim Koirala, Christopher Domingos-Kioza, Coy Chiu, Jim Liang, Logan Hoelscher, Michelle Vermaaten, Nathan Wells, and Sergey Levshin, have been collaborating with teams to provide cell phones with training assistance from Occupational Training. The project is ongoing, here are the teams who have received cell phones to date:
 - **Katarina Radovic's team**
 - **Joe Mackey's team**
 - **Jessica Snow's team**
 - **Robin Mitrenga's team**
 - Next up - **Cecilia Hodges' team**
- **English Summer Classes Available!** Wednesdays or Thursdays 12:30-1:30, July 18 - August 12. To sign up, please email/call Emily Douglas at (434) 906-5810 or em4hg@virginia.edu.

Thank you
IT HELP DESK!!

DEMOCRACY & DANCE

- **Saturday, May 7, 4:15 PM**
 - **Paramount Theater**
- Join the Democracy Initiative and [Charlottesville Ballet](#) for a [Touchstones of Democracy](#) conversation on how dance can foster an inclusive democratic culture.

Learn more & tickets: <https://at.virginia.edu/eZcOhG>

The Great Charlottesville Scavenger Hunt



SEARCHPALOOZA 2022

- **Saturday, May 7, 11:00 AM**
- **Basecamp at Champion Brewing Taproom**

Searchapalooza is not your ordinary fundraiser. Teams will work and play together to find locations, scavenge items, and answer trivia questions. With the streets of Charlottesville as your game board, you will have 2 hours to complete as many activities as possible, earning points along the way.

Learn more and register: <https://www.saracville.org/searchapalooza>

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 5/4/2022:

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

- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0034264 Document Management & Compliance Analyst
- R0030524 Boiler Operator
- R0034777 HVAC Mechanic/HVAC Senior Assistant
- R0035818 Mechanical Engineer
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0035503 Senior Electrician, Night Shift, 6:00pm - 6:00am
- R0028140 Recycling Supervisor
- R0035445 Custodial Services Worker
- R0035630 Geospatial Space Technician
- R0035626 Geospatial Space Analyst
- R0035200 Quality Control Inspector
- R0032149 Facilities Planner
- R0034775 HVAC Supervisor
- R0032538 Zone Maintenance Supervisor, McCormick Zone
- R0026856 Senior Welder for Utility Systems
- R0033637 Pipefitter/Steamfitter Senior
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030560 Carpenter Senior
- R0031155 Instrumentation & Controls Technician
- R0033616 Pipefitter/Steamfitter
- R0030791 Instrumentation & Controls Technician
- R0032158 Operator/Pipe Layer or Senior Operator/Pipe Layer
- R0032487 Fire Systems Technician
- R0034404 Plumber
- R0032788 HVAC Assistant Mechanic
- R0032728 Operator Assistant - Heat Plant
- R0035267 Senior Trades Utility Worker
- R0034384 Plumber
- R0033786 Plumber
- R0033904 Electrician - CCR
- R0033071 Electrician - CCR
- R0034508 Electrician
- R0034658 Carpenter
- R0035363 Recycling Worker
- R0028255 Carpenter
- R0034727 Mason - CC&R
- R0030544 Carpenter - Construction & Renovation Services
- R0030397 Plumber Assistant
- R0034241 Trades Utilities Worker
- R0025247 Environmental Remediation Tech

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0026545 Sheet Metal Technician - CC&R
- R0034425 Trades Utility Senior Worker
- R0029754 General Services Technician
- R0035437 Sign Shop Worker
- R0035485 Custodial Services Day Supervisor, North Grounds Zone
- R0034827 Zone Maintenance Coordinator
- R0035345 Custodial Services Worker for Monday-Friday 7:00am - 3:30pm shift
- R0035433 Construction Project Manager
- R0035238 Building Automation System Service Manager
- R0030474 Custodial Services Workers for Monday-Friday 4:00pm - 12:30am shift
- R0035104 Electrical Engineering Technician or Associate
- R0033013 Electrical Engineer/Engineering Associate
- R0035037 Maintenance Engineer
- R0034860 Construction Superintendent
- R0032007 Landscape & Grounds Worker
- R0034252 Architect Associate
- R0031374 HVAC Mechanic
- R0025318 Recycling Program Coordinator
- R0034127 Training Development Specialist/Senior Specialist
- R0033696 Occupational Programs Coordinator
- R0032868 Custodial Services Worker - HSPP 5:00pm-1:30am
- R0032122 Construction Administration Manager
- R0030513 Custodial Services Worker, Evening Shift
- R0025875 Landscape Plant Health Specialist
- R0027779 Arborist
- R0027977 IT Desk Support (Student Wage)

New ITS Office 365 Workshop Series

Starting May 19

Ever wondered if you're getting the most out of Microsoft Teams or how to centrally organize all your files in OneDrive for easy sharing and collaboration? With sessions from Intro to Office 365 to more advanced sessions on Teams, this lunchtime learning series led by Microsoft trainers has offerings for both beginners and advanced Office 365 users. Additional workshop dates will be added just in time to help you get ready for the fall semester. Early registrants will receive a calendar invitation and can download their new digital badge after each event!

Learn more and register:

<https://in.virginia.edu/o365-events>

APPRENTICESHIP UPDATE

NEXT STEPS

Apprenticeship applications are in!

Next up, phone interviews will begin for all eligible applicants, followed by in-person interviews in late

June for selected applicants. **The incoming class of new apprentices will be onboarded in July 2022.**



OCCUPATIONAL HEALTH & SAFETY

CAMERON RATLIFF: SAFETY CHAMPION MAY 2022

UVA FM would like to recognize Cameron Ratliff, E&U's Associate Director for Utility Systems Distribution, as the May 2022 Safety Champion. Cameron was chosen by the Occupational Health and Safety team because he has been a proactive leader in identifying training needs for his team and developing content for several FM-wide training topics including Rigging & Hoisting, NCCCO (crane operation), and confined space. He maintains open lines of communication with the OHS team to be sure the health and safety needs of his team are met. Thank you, Cameron, for being a model in safety planning and support.



Nominate a Safety Champion: <https://at.virginia.edu/CSswzB>

DUE: FALL PROTECTION EQUIPMENT INSPECTION

According to UVA FM's [Fall Protection Program](#), all fall protection equipment must be inspected by a competent person annually each May.

- See who your area's competent person is: <https://at.virginia.edu/jnJtrj> (Filter to Fall Protection Competent Person)
- Equipment Inspection form [PDF]: <https://at.virginia.edu/pgRWqM>
Request Fall Protection Competent Person training by emailing FM-OHS@virginia.edu
- Need help getting everything inspected? [Email FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)

What's the difference between "Fall Protection Competent Person" and "Fall Protection Authorized Person"?

- **Fall Protection Competent Persons** can identify and predict hazards and has the authority to take corrective action due to additional training on fall protection, hazards, and fall protection equipment, inspection, and maintenance. Your group's Competent Person is responsible for the immediate supervision, implementation, and monitoring of the Fall Protection Program. A Competent Person at UVA is typically a supervisor, lead, or other individual experienced in fall protection and is in a position of authority. Competent persons are responsible for keeping Authorized Persons adequately informed about the fall protection and rescue procedures for workplace activities.
- **Fall Protection Authorized Persons** are responsible for making sure they have and use the fall protection equipment as required by the FM Fall Protection Program and:
a) Understand the potential hazards of working at elevated levels as well as when gaining access to and from the work location;
b) Pre-plan the job with his/her supervisor to agree that the job can be done safely;
c) Understand the use and limitations of fall protection equipment;
d) Understand when to bring to the Competent Person's attention all unsafe or hazardous conditions, actions, or unsafe work practices
e) Inspect equipment before each use and to report defective equipment immediately to their supervisor.

OCCUPATIONAL HEALTH & SAFETY

TRAINING SPOTLIGHT: CONFINED SPACE ENTRY-CRAWLSPACES & ATTICS

Thanks to the FM employees that took part in our latest training courses on May 3 and May 5 at Zehmer Hall: Confined Space Entry-Crawlspaces and Attics.

This training debuted in conjunction with a newly revised FM OHS Safety Program, Confined Space Entry Non Permit and Permit Required Program posted on the OHS Programs page: <https://www.fm.virginia.edu/depts/ohs/programs.html>.



In this training, participants learned how to define confined spaces, define permit-required confined spaces, the hazards of confined spaces, required communications & permits related to confined spaces, as well the requirements of this training and any retraining.

If you need help Identifying a confined space or a permit-required confined space OR need to schedule confined space training for your team, please email FM-OHS@virginia.edu.



OCCUPATIONAL HEALTH & SAFETY

PREVENTING SLIPS, TRIPS, AND FALLS

Slips, trips, and falls are a leading cause of workplace injury. The following tips can help prevent these incidents.



DON'T RUSH

Do not run or hurry when performing any part of your job. Every step counts!

MAINTAIN 3 POINTS OF CONTACT

Always maintain 3 POINTS OF CONTACT when climbing up or down. This means using two hands and a foot, or two feet and a hand, to maximize stability.

CLIMB IN AND OUT OF VEHICLES CAREFULLY

Use equipment provided when entering and exiting a vehicle or equipment. This includes steps, railings, and handles.

NEVER JUMP

Never jump from a height, even small distances.

AVOID WALKING BACKWARDS

Minimize walking backwards whenever possible. This is especially important when directing vehicles or equipment.

WATCH OUT FOR HAZARDS

Be extra careful when working during wet conditions or when its below freezing. Also look out for other liquids, like grease or oil on the ground.

Thanks to Sonny Beal/SWANA for sharing this resource! Source: <https://swana.org/resources/safety-resources>

REPORT POTENTIAL HAZARDS

A hazard is anything that has the potential to harm or injure people, property, or equipment. Reporting hazards can help FM remove, control, or otherwise mitigate them, keeping everyone safe at work.

All reports should include as much information as possible, including who was involved, what happened, where and when the event took place, and the cause of the event. Images and videos should also be included, when available.

Report a hazard, concern, near miss, or incident:

<https://www.fm.virginia.edu/depts/ohs/forms.html#nearMissReportForm>



Suicide Prevention

5 Things You Should Know

Suicide is a leading cause of death among working-age adults in the United States. It deeply impacts workers, families, and communities. Fortunately, like other workplace fatalities, suicides can be prevented. Below are 5 things to know about preventing suicide.

1
BE AWARE

Everyone can help prevent suicide.

Mental health and suicide can be difficult to talk about—especially with work colleagues—but your actions can make a difference. When you work closely with others, you may sense when something is wrong.



2
PAY ATTENTION

Know the warning signs of suicide.

There is no single cause for suicide but there are warning signs. Changes in behavior, mood, or even what they say may signal someone is at risk. Take these signs seriously. It could save a life.



3
REACH OUT

Ask "Are you okay?"

If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to reach out to your Employee Assistance Program (EAP), the human resources (HR) department, or a mental health professional.



4
TAKE ACTION

If someone is in crisis, stay with them and get help.

If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the National Suicide Prevention Lifeline.



5
LEARN MORE

Suicide prevention resources are available.

- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text "TALK" to 741741.
- Visit the American Foundation for Suicide Prevention (www.afsp.org) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide.



OSHA® Occupational Safety and Health Administration

1-800-321-OSHA (6742)
TTY 1-877-889-5627
osha.gov/preventingsuicides



OSHA 4180-04 2022

Source: <https://www.osha.gov/sites/default/files/publications/OSHA4180.pdf>

I've Been Bitten - What Should I Do?

Why are we concerned about animal bites?

A person can get rabies if they are bitten by a domestic or wild animal that is infected with the rabies virus. Rabies is a preventable disease but, if left untreated, almost all mammals (that includes humans, too) will die once they start to show signs and symptoms of the disease.



What happens to the animal if it bites someone?

- Healthy dogs, cats, and ferrets are confined for 10 days and monitored for signs of illness.
- Wild animals are euthanized (put down) and tested. There is no known observation period for wild animals.

What should I do if an animal bites me?

Wash the wound with soap and lots of water and seek medical attention. If the animal is:

- A dog, cat, or ferret and is with its owner—Stop right away and do not leave the area. Get the owner's name, address, phone number, rabies vaccination information, etc.
- A wild animal—Try to safely trap the animal and do not let it get away. Bats have small sharp teeth so it is hard to know if you have been bitten, especially if you wake up to find it flying around in your bedroom.
- A stray or animal that runs away— Remember where you were when bitten, what the animal looks like, what direction it went, etc.

Report the incident to the local health department or local animal control as soon as possible.

For more information visit: www.cdc.gov/rabies



5/22

HealthWhys
A public health message from
BlueRidgeHD.org

Follow us on
Facebook



Source: <https://www.vdh.virginia.gov/blue-ridge/healthy-whys/>

OCCUPATIONAL HEALTH & SAFETY

MENTAL HEALTH RESOURCES

May is Mental Health Awareness Month! Join Jefferson Madison Regional Library for [programs](#) to help you de-stress and unwind, and use the booklists below to find helpful resources to support your mental health. You can place holds on these books to pick up at your local branch or download them to your favorite reading device.



Booklists

For adults:

- **Mental Health Resources:** <https://hestia.jmrl.org/findit/MyResearch/MyList/1105>
Books (and a few movies) on depression, anxiety, obsessive-compulsive disorder, addiction, and other mental health concerns.
- **Self Care:** <https://hestia.jmrl.org/findit/MyResearch/MyList/985>
Information and methods related to self care, including: yoga, meditation, anti-anxiety practices, stress management, easy recipes, soothing hobbies, and more.
- **Humorous Nonfiction** (<https://hestia.jmrl.org/findit/MyResearch/MyList/1889>) & **Humorous Fiction** (<https://hestia.jmrl.org/findit/MyResearch/MyList/814>) - Books for when you need a belly laugh to cheer yourself up!

For teens:

- **Mental Health in YA Literature:** <https://hestia.jmrl.org/findit/MyResearch/MyList/818>
Books with characters who experience anxiety, depression, self-harm, OCD, ADHD, eating disorders, and more.
- **Mental Health Resources for Teens:** <https://hestia.jmrl.org/findit/MyResearch/MyList/2115>
Books for teens focusing on mental health issues and reaching out for help.

For kids:

- **Mindfulness:** <https://hestia.jmrl.org/findit/MyResearch/MyList/1898?>
Practicing Mindfulness helps children to notice the positives and get a perspective on the negatives. This assists in developing a sense of appreciation, gratitude and contentment.
- **Feelings:** <https://hestia.jmrl.org/findit/MyResearch/MyList/638?>
Picture books that help kids identify and process their feelings.

See the full list of upcoming JMRL programs:

<https://mailchi.mp/37f1c55b1355/jmrl-news-january-15611888?e=d447ab5e75>

COVID-19 RESOURCES

Helpful Links

- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- 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>
- Visualize FM COVID-19 Case Rates (accessible only by FM employees):
<https://www.fm.virginia.edu/employees/intranet/fm-covid-chart.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

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.

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.**

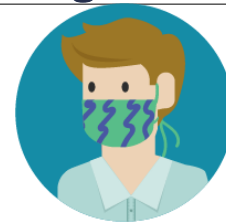
Read the CDC's full update: <https://www.cdc.gov/media/releases/2022/s0328-covid-19-boosters.html>

What to do: Positive At-Home Test

If you do test positive with an in-home COVID-19 test kit, you can report your positive test to BRHD. If you choose to do so, you will receive follow up resources and guidance from our Epidemiology team with next steps on keeping you and your loved ones as healthy as possible. **UVA employees who receive a positive at-home test are also required to notify Employee Health.**



COVID-19 RESOURCES



Face Coverings

Masks are still required in UVA Health clinical facilities in accordance with their policies, and masks are [recommended, but not required on 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.



PHEL Ends May 31

Virginia's Department of Human Resources Management (DHRM) has announced the expiration of the temporary emergency benefit, [Virginia Public Health Emergency Leave \(PHEL\) on May 31, 2022](#). This means that PHEL will no longer be available to employees and team members to use for medical needs and illness related to positive cases of COVID-19.

Employees with COVID-related illness should use [existing leave types](#) currently available for any illness including PTO and short or long term disability, when appropriate. If you have questions, please contact AskHR@virginia.edu.

Source: <https://hr.virginia.edu/news/phel-ends-may-31>



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

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.

The CDC has launched a 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 UVA 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 request reimbursement and FREE tests 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.

May 6: National Tourist Appreciation Day

May 7: Free Comic Book Day

May 8: Mothers Day

May 9: National Sleepover Day

May 10: National Clean Your Room Day

May 11: National Third Shift Workers Day

May 12: National Odometer Day

May 13: Fair Trade Day