

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

05.13.2022

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MENTAL HEALTH AWARENESS

May is Mental Health Awareness Month. Learn more about local resources on [page 5](#) or see UVA FEAP at <https://uvafeap.com/services> to access resources or set an appointment time.



***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/j9Tpnq>

OCCUPATIONAL HEALTH & SAFETY

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:
 - Understand the potential hazards of working at elevated levels as well as when gaining access to and from the work location;
 - Pre-plan the job with his/her supervisor to agree that the job can be done safely;
 - Understand the use and limitations of fall protection equipment;
 - Understand when to bring to the Competent Person's attention all unsafe or hazardous conditions, actions, or unsafe work practices
 - Inspect equipment before each use and to report defective equipment immediately to their supervisor.

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>

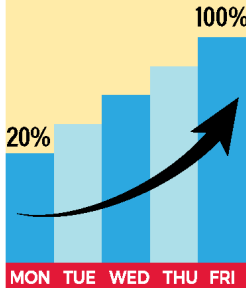
BEE AWARE: HEAT ILLNESS



Ways to Protect Yourself and Others

First Aid for Heat Illness

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you aren't thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering

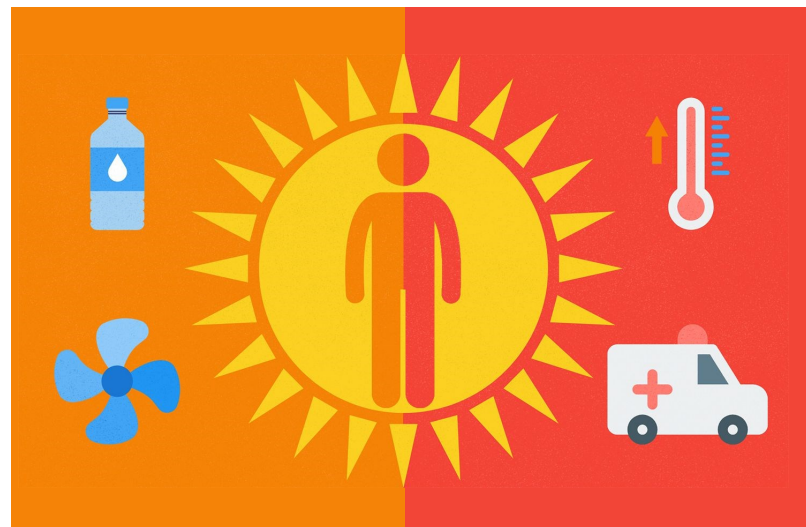
Change your face covering if it gets wet or soiled. Verbally check on others frequently.

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1** >> **CALL 911 IMMEDIATELY**
- 2** >> **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**
- 3** >> **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

More information: <https://www.osha.gov/heat>

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output

Take these actions:

- >> Give cool water to drink
- >> Remove unnecessary clothing
- >> Move to a cooler area
- >> Cool with water, ice, or a fan
- >> Do not leave alone
- >> Seek medical care

Source: <https://www.osha.gov/sites/default/files/publications/OSHA44135.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

Health Whys
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. It's an important time to recognize that mental health matters to us all.



The [Community Mental Health and Wellness Coalition](#) is a local group more than 25 different

behavioral health organizations, working together to improve mental health and wellness

through planning, advocacy, and access to effective services. The coalition created the Mental

Health Awareness Month calendar below with 31 ways to come together for mental health. [Click through to learn more.](#)

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

Community Mental Health & Wellness Coalition

Subscribe To Our Monthly Newsletter!

Key Events

Mental Health Awareness Month May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Check Out Local Mental Health Activities & Events For Children & Youth this May.	* 2 Seize the Awkward: Talk With Your Kids About Substance Misuse at 7PM	* 3 For Teens: Safety Planning. At 5 PM * Multi-Racial Awareness & Sensitivity Group At 6:15 PM -7:45 PM	* 4 For Black People: Breathing Room Support Group At 9AM Take A Short Lunch Break For Resilience At 12 PM	5 How Mindful Are You? Take A Quick Mindfulness Quiz To Find Out!	6 Visit An Art Show For Mental Health At 5PM Come See Us On The Downtown Mall 5-8:30 PM	7 Grove the Blues Away With Local Black Fitness Instructors 9-11AM (All Saturdays this May)
8 For Couples: Subscribe To A Short Podcast That Can Help Improve Your Relationship In Big Ways	9 Carry The Load Veterans Memorial Event At 7:45 AM Express Yourself In A Free Art Class At 11AM	* 10 Join Our Full Coalition Meeting At 3 PM	* 11 Learn How To Respond To An Overdose At 12:30-1:30 PM	* 12 Attend A Training for Parents About Social Media & Mental Health in Adolescence At 7PM	* 13 Attend A Youth Mental Health First Aid Training At 9AM-2:30PM	* 14 Dance Through A Bollywood Fitness Workout At 1PM
* 15 For Black People & POC: Relax In A Restorative Yoga Class At 2 PM	* 16 For Teens: Learn About Conflict Resolution At 5PM	* 17 Take A Training About Building Community Resilience At 8:30AM-3:30PM	* 18 For Black Women: Move Your Body In A Chihamba West African Dance at 6PM	* 19 Learn About Adverse Childhood Experiences And Creating Safe Spaces At 1 PM	20 Join a Prolfyck Run/Walk for Mental Health Awareness At 5:50 AM - Walkers 6AM - Runners	21 Help Add To Our Community Word Cloud About Lessons Learned Through Hard Times
22 View A Powerful Photovoice Exhibit Created By Local Young Adults Of Color	* 23 Take A safeTALK Training On Suicide Alertness At 9AM-12:30PM	* 24 Attend Our COVID-19 Community Memorial Event at 7PM	25 Attend A Grief And Loss Workshop At 7PM	* 26 Join A Conversation About Building Our Civille Caregiver Community At 7PM	27 For Couples: Download A Free & Fun Card Deck To Play With Your Partner.	28 Find Ways To Cope With Eco-Anxiety
29 Create A Wellness Recovery Action Plan	30 Veterans Resource/ Memorial Day	* 31 For Mental Health Care Providers: Learn About Microaggressions With Dr. Ken Hardy	<p>Together for Mental Health! Scan Here for our Virtual Calendar or visit HelpHappensHere.org/ MentalHealthAwarenessMonth</p>			

- Virtual
- In-Person
- Hybrid

* Pre-registration required

May 2nd at 7PM
[Seize The Awkward: Talk With Your Kids About Substance Misuse At 7PM](#)

May 6th at 5-8:30 PM
[Come See Us On The Downtown Mall!](#)

May 20th Early Morning
[Join A Prolfyck Run/Walk For Mental Health Awareness](#)

May 23 at 9AM-12:30 PM
[Take A safeTALK Training On Suicide Alertness](#)

May 24 at 7PM
[Attend Our COVID-19 Community Memorial Event](#)

May 31
[For Mental Health Care Providers: Learn About Microaggressions In Clinical Practice With Dr. Ken Hardy](#)



Source: https://www.canva.com/design/DAE8esiRKcE/he7frgQw8_6b2QprpFqRAQ/view

APPRENTICESHIP UPDATE

FEATURED IN UVA TODAY:

MORE THAN ‘TURNING A WRENCH’- UVA APPRENTICE PROGRAM BUILDS EMPLOYMENT PIPELINE

Check out this story by Matt Kelly on the Apprenticeship Job Fair last month, the purpose and history of our Program, as well as profiles on three current UVA Apprentices!

Thank you to everyone who was a part in helping contribute to this piece!

Full story: <https://at.virginia.edu/IZoKMS>



HVAC apprentice Cody Wayne Taylor of Afton first heard about the program while at Nelson County High School. (Photo by Dan Addison, University Communications)



Apprentice Ryan McCarthy learns from senior plumber Bert Watson, himself a 2006 graduate of the apprenticeship program. (Photo by Jane Centofante, UVA Facilities Management)



Pedro Gonzalez made the transition from a landscaper to an HVAC apprentice. (Photo by Dan Addison, University Communications)

NEXT STEPS

Apprenticeship applications are in! 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.**

DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:

- **The Climate + Intergroup Relations Team** is discussing the FM R&R model as well as FM-wide events - stay tuned to learn more! In the meantime, nominate someone for a Reward & Recognition here- <https://www.fm.virginia.edu/employees/reward.html>
- **The Access + Success Team** met with SVPO HR Business Partners to learn more about the promotion and career advancement processes at FM - stay tuned for next steps!
- **FM IE Survey and Plan** can be found here - <https://diversity.fm.virginia.edu/inclusive-excellence.html>

Employee Resource Groups

LATINX EMPLOYEE RESOURCE GROUP



→ **NEW Latinx Employee Resource Group**

- “An opportunity to amplify the Latinx voice at UVA, build community, and advocate for needs.”
- To actively recruit, welcome, and retain fellow Latinx employees across Grounds through resource sharing, social events, and positive networking opportunities.
- Learn more by visiting the [website](#) or email uvalatinxerg@virginia.edu

→ **FM Diversity Committee Meets Monthly**

- **Anyone** is welcome to join the conversation and bring up points of discussion and interest. Email [Rollie Zumbrunn](#) to receive meeting dates and information - meetings are virtual and in person!
- This month the committee discussed DEI and IE updates, events relating to DEI in the community and a shared article, [What I Want My Kids to Learn About American Racism](#)

DEI Events & News

- **Cville Tool Library Now Open!** Saturdays 9am-12pm, [click here to learn more](#)
- **UVA DEI Amplify** spring publication now available - [Click here to access the edition](#)
- **English classes available for FM employees** contact Emily Douglas to learn more and register (434) 906-5810, em4hg@virginia.edu

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

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 5/11/2022:

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

- R0034727 Mason - CC&R
- R0035775 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- 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
- R0030544 Carpenter - Construction & Renovation Services

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0030397 Plumber Assistant
- R0034241 Trades Utilities Worker
- R0025247 Environmental Remediation Tech
- R0026545 Sheet Metal Technician - CC&R
- R0034425 Trades Utility Senior Worker
- 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
- 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
- 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)

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.](#)

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>

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>

What to do: Positive At-Home Test

- (Optional) **Report your positive test to BRHD.**
- Notify your supervisor. (Not optional!)
- **UVA employees who receive a positive at-home test are also required to notify Employee Health.** Based on your situation, Employee Health will provide quarantine and return-to-work guidance.



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.



The Latest on COVID-19 Vaccines

- The Johnson & Johnson Vaccine is now restricted by the FDA to those who are **18 or older and unable to get Pfizer or Moderna's mRNA shots.** Learn more: <https://at.virginia.edu/o7l4kd>
- A **second booster dose** of an mRNA COVID-19 vaccine (Pfizer or Moderna) is recommended for the following people at least 4 months after their first booster shot:
 - Adults ages 50 & up.
 - Ages 12 and up who are considered moderately to severely immunocompromised.
 - Ages 18-49 who received the Johnson & Johnson COVID-19 vaccine for their first dose **and** booster shot.

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

Learn more about COVID-19 Vaccines:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

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 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/>

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. 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).

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.

Get free at-home COVID-19 tests

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)).

Employees who receive positive test results outside of UVA Health or Employee Health are required to notify Employee Health at 434-924-2013 or employeehealth@virginia.edu.



University of Virginia

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



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 13: National Frog Jumping Day

May 14: National Dog Mom's Day

May 15: International Family Day

May 16: National Sea Monkey Day

May 17: National Graduation Tassel Day

**May 18: National Visit Your Relatives
Day**

May 19: National Devil's Food Cake Day

May 20: National Bike to Work Day