

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

05.20.2022

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## **SHOULD WE BE REPORTING COVID-19 POSITIVE CASES IN OUR GROUPS?**



See the [UVA FM COVID-19 Reporting & Guidance Document](#) for more information.

Employees must report their COVID-19 positive to their supervisor and Employee Health. Supervisors must complete a [COVID-19 report](#) to alert FM-OHS. This will help OHS keep FM employees safe and healthy, as well as mitigate potential outbreaks.

***Let Us Know:*** You can always email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) if you have suggestions or story ideas. Now there's a new way to get in touch — "Let us know" by answering a few quick questions: <https://at.virginia.edu/j9TpnP>

## OCCUPATIONAL TRAINING

### UPDATE: Training Resources

Workday Financials Training began this month and will continue up to and after Workday Financials goes live on July 1, 2022. UVA Finance offers instructor-led training via Zoom, as well as web-based training, which can be taken at your own pace.



UVA FM Occupational Training has added these items to [our website](#) under [Training Resources](#) for easy access by those who need it.

#### More links:

- UVA FM Training Resources: <https://www.fm.virginia.edu/employees/occupationaltraining/training-resources.html>
- Finance Strategic Transformation (FST) training homepage: <https://uvafinance.virginia.edu/workday-finance-training>
- Quick Reference Guide to enrolling and registering for Workday FST training [pdf]: [https://uvafinance.virginia.edu/sites/uvafinance/files/2022-05/UVAFST\\_QRG\\_EnrollAndRegister\\_D1f.pdf](https://uvafinance.virginia.edu/sites/uvafinance/files/2022-05/UVAFST_QRG_EnrollAndRegister_D1f.pdf)

Get help with any of your FST questions:  
<https://uvafinance.virginia.edu/contact-us>

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## Learning Opportunities: ITS Office 365 Workshop Series

Several options starting May 19 & continuing through June.

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>

## 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](mailto:AskHR@virginia.edu)

- R0035626 Geospatial Space Analyst
- R0036039 Senior Electrician
- R0036157 Historic Mason - CC&R
- 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
- 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
- R0035200 Quality Control Inspector
- R0032538 Zone Maintenance Supervisor, McCormick Zone
- R0026856 Senior Welder for Utility Systems
- R0033637 Pipefitter/Steamfitter Senior
- 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
- R0032728 Operator Assistant - Heat Plant
- R0035267 Senior Trades Utility Worker
- R0034384 Plumber
- R0033786 Plumber
- R0033904 Electrician - CCR
- R0033071 Electrician - CCR
- R0034508 Electrician
- R0035363 Recycling Worker
- R0028255 Carpenter
- R0030544 Carpenter - Construction & Renovation Services
- R0030397 Plumber Assistant
- R0034241 Trades Utilities Worker
- R0025247 Environmental Remediation Tech
- R0026545 Sheet Metal Technician - CC&R
- R0034425 Trades Utility Senior Worker

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

# OCCUPATIONAL TRAINING

## UVA FM Job Postings, Continued from previous page

- R0035437 Sign Shop Worker
- R0035485 Custodial Services Day Supervisor, North Grounds Zone
- R0035345 Custodial Services Worker for Monday-Friday 7:00am - 3:30pm shift
- R0035238 Building Automation System Service Manager
- 0030474 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
- 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)

## APPRENTICESHIP UPDATE

### FEATURED BY UVA PRESIDENT JIM RYAN!

Last week we featured this story  
by Matt Kelly from *UVA Today* on the Apprenticeship Job Fair last month, the purpose and history of our Program, as well as profiles on three current UVA Apprentices.

On May 13, 2022 UVA President Jim Ryan gave a shout out to our FM Apprenticeship Program via his Instagram stories (pictured) & post!

See more:

<https://www.instagram.com/p/Cde6C-001PG/>

*Thanks for being a point of pride for UVA!*



## **BEE AWARE: BIKE SAFETY & BICYCLE AWARENESS**

*Bike to Work Day is Friday, May 20. Expect to see people commuting on two wheels. The following tips can help you share the road safely with bicyclists all year round.*

### **SHARE THE ROAD:**

#### **MAKE RIGHT TURNS CAREFULLY**

Be sure to signal your turn ahead of time and use your mirrors to make sure there are no bikes beside you or coming up quickly. Passengers in the car should help the driver scan the roadway as well.

#### **LEAVE AT LEAST 3 FT OF SPACE WHEN PASSING**

When passing a bicyclist, leave at least three feet of space. If you cannot do so, wait to pass them until there is room.

#### **RESPECT BIKE LANES**

Do not park, stop, or idle in bike lanes. Be extra cautious when turning across them.

#### **OPEN DOORS CAREFULLY**

Always check for bicyclists before opening your door. Bicyclists can be seriously injured by crashing into a vehicle door that is suddenly opened in their path.



Special thanks to Sonny Beale in FM Recycling for sharing!

Source: [https://2561773.fs1.hubspotusercontent-na1.net/hubfs/2561773/5.15.2022\\_Safety%20Matters-1.pdf](https://2561773.fs1.hubspotusercontent-na1.net/hubfs/2561773/5.15.2022_Safety%20Matters-1.pdf)

## **BIKING TO WORK? Bee Safe!**

1. **Wear a helmet at all times** when you are on the bike.
2. **Obey the rules of the road.** They are essentially the same for motor vehicles and bikes.
3. **Assume that drivers don't see you.** They may be watching other drivers – and not you.
4. **Pay attention to what your body is telling you.** Daily stretches and proper riding technique, as well as having the right size bike, can help reduce the chance of strain. Pay attention to back and shoulder pain before it becomes chronic.
5. **Keep the bike in good condition.** A well-maintained bike is safer and always rides better than one that isn't.
6. **Control road rage & reactions:** Maintain a calm attitude. React to an irate motorist by just letting it go. Note the vehicle's license plate number, if necessary.
7. **Know your [hand signals \[pdf\]](#)** and use them to communicate with other road users.



Source: <https://osha.oregon.gov/OSHAPubs/factsheets/fs71.pdf>

## **BEE SAFE: HAND TRUCKS & DOLLIES**

*UVA FM employees are on the move—during Final Exercises season, especially! Practice loading and using hand trucks and dollies safely to prevent injuries and damage.*

### **CHOOSE THE RIGHT TRUCK FOR THE JOB**

- Be sure it can handle the load's weight and size.
- Inspect its condition before use.
- Use specialty trucks only for their specific purpose (e.g., curved bed trucks for drums or other round containers).



*Photo by Dr. Taison Bell via Twitter.*

### **PLAN & PREPARE**

- Check your route and remove any obstructions.
- Wear PPE: Wear sturdy shoes with nonskid soles. Wear gloves that give you a good grip.
- Avoid loose or baggy clothing that could trip you or get caught in truck wheels.

### **MINIMIZE PHYSICAL STRAIN: MAXIMIZE CONTROL**

- **Lift Properly:** Bend your knees and keep your back straight, so your legs and not your back, do the work.
- Don't overexert yourself. A short lift onto a truck can still strain your back.
- Push the truck, don't pull. Walk backwards only if necessary to maneuver into a tight place.
- Don't use your foot to brace or brake the truck.
- Keep the truck ahead of you going downhill and behind you going uphill.

### **LOAD FOR GOOD BALANCE & STABILITY**

- Place heavy objects at the bottom & position the load forward over the axles so the truck, not the handles, carries the weight.
- Stack objects only to a height that you can see over while walking.
- Make sure the load is stable and won't shift or fall — Tie or secure any bulky, awkward, or delicate objects.

### **KEEP YOUR EYES ON "THE ROAD"**

- Stay alert & be on the lookout for other vehicles or obstructions.
- Keep yourself and the truck wheels away from edges on docks and platforms.

### **INSPECTION: WHAT TO LOOK FOR**

- Check tires. Have proper air pressure or if hard tires, check for "chipped tires."
- Check frame for broken or bent areas.
- Check the load capacity – do not overload.
- Test brakes – if applicable – before using.
- Check lubrication – Keep records of lubrication dates.



Source: <https://at.virginia.edu/Mdozbu>

# 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 <a href="https://www.vdh.virginia.gov/blue-ridge/newsletters/">HelpHappensHere.org/</a> <a href="#">MentalHealthAwarenessMonth</a></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](https://www.canva.com/design/DAE8esiRKcE/he7frgQw8_6b2QprpFqRAQ/view)

# OCCUPATIONAL HEALTH & SAFETY

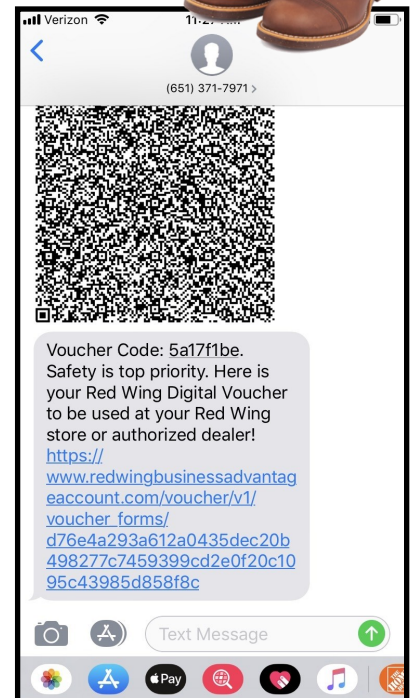
## SAFETY SHOE UPDATES & REMINDERS



### UPDATES:

- **Special Orders & Delays:** Supply chain challenges are still occurring with Red Wing products made internationally, but American-made Red Wing products remain more readily available. The products seeing the most delays are:
  - **Athletic (sneaker style) electrical-hazard rated shoes.**
  - **Special orders.**
  - **Specific styles** of some boots/shoes—E.g., There may be plenty of 6” waterproof winter boots in stock, but some styles are limited stock.

The Red Wing Shoe Truck team has committed to doing as much as they can to keep the FM workforce in appropriate footwear. **If you find that your shoes are taking more than 2 weeks from your order date, to arrive, please fill out our [safety shoe comment form](#).**



- **Repairs & Insoles:**

→ **Safety Toe Showing?:** Red Wing has begun offering repairs to/recovering of the material that covers the safety toe on applicable work shoes. *This will require leaving your shoes with the truck staff or at the store for 48+ hours to complete the repair. You are expected to wear appropriate PPE on the job during this time.*



→ **Insoles:** Many times the first thing to wear out on safety shoes is the insole, due to the hours spent on-foot. If your safety shoes need new insoles but are otherwise in good shape, consider requesting replacement insoles instead of a new pair of shoes.

**Request these services/items on the Safety Shoe Request form:**

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

### Routine Reminders:

- **Employees needing safety shoes** need to submit a request via the online portal: <https://at.virginia.edu/FMShoeRequest>
- **Vouchers** will be released weekly via email and text (if available).

**View the shoe program & truck schedule:** <https://at.virginia.edu/UVAFMPE>



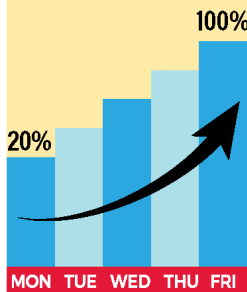
# BEE AWARE: HEAT ILLNESS



## 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

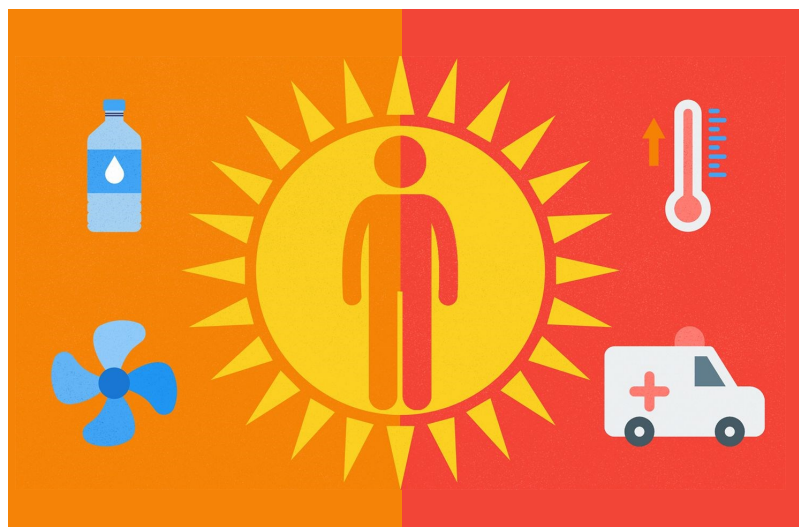
Change your face covering if it gets wet or soiled. Verbally check on others frequently.

**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>

## 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](mailto: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. 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 the designated competent person 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>

## DIVERSITY, EQUITY & INCLUSION

### Inclusive Excellence Update:

→ **Inclusive Excellence at FM is moving forward!** Schedule an in-person or Zoom call with your team or colleagues with Emily Douglas to ask questions, share feedback, and learn about the best ways to get involved.

→ **Call, email or text Emily at:** [em4hg@virginia.edu](mailto:em4hg@virginia.edu) or (434) 906-5810

→ Teams visited to date include: Ericka Rodgers and the Heat Plant and Mike Merriam's Zone Manager meeting.



DEI Specialist Emily Douglas

→ **FM IE Survey and Plan can be found here** - <https://diversity.fm.virginia.edu/inclusive-excellence.html>

### Employee Resource Groups

→ **UVA LGBT Employee Group Event -**

→ Cville Pride is hosting a wine social!

→ “Meet and greet the Cville Pride board and connect with community members. Join us at the Eastwood Farm & Winery outdoor terrace tasting tent for live music, locally made wine and beer, corn hole and beautiful views. Non-alcoholic drinks available for those who can't or don't drink. Pride attendees will get a 10% discount on their bills.”

→ Thursday, May 26th at 6pm at Eastwood Farm Winery, 2531 Scottsville Road, Charlottesville, VA 22902

→ **FM Diversity Committee Meets Monthly**

→ **Anyone** is welcome to join the conversation and bring up points of discussion and interest. Email [Rollie Zumbrunn](mailto:Rollie.Zumbrunn) to receive meeting dates and information - meetings are virtual and in person.



### DEI Events & News

→ **Keep in Mind: FEAP services are available anytime for all UVA employees.** FREE short-term counseling services include - alcohol and other drug abuse, couples, critical incidents, depression, domestic/intimate partner violence, financial and legal concerns, parenting, stress management, trauma recovery and many more.

→ [Schedule an appointment here](#)

→ **Other resources available to you are FM HR Business Partners [Elsa Burnette](#) or [Sarah McComb](#).**

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

# 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!) Supervisors then complete [an FM report](#).
- **UVA employees who receive a positive at-home test are 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

- **New! 5/19/2022:** Those between the ages of 5 & 11 years **are recommended by the CDC** to receive a booster shot 5 months after their initial Pfizer-BioNTech vaccination series.
- 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 buses](#).

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](mailto: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](mailto: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 (once more!) to order 2 sets of 4 **FREE** at-home tests (8 total) 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 a 3rd round of free at-home tests. Order yours 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](mailto:employeehealth@virginia.edu).*



# 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
<b>I'm symptomatic.*</b>	<p><b>SELF-ISOLATE AWAY FROM OTHERS.</b></p> <p>Schedule a COVID-19 testing appointment at <b>Student Health and Wellness</b> or report a positive test result using the HealthyHoos patient portal at <a href="http://www.healthyhoos.virginia.edu">www.healthyhoos.virginia.edu</a>.</p>	<p><b>SELF-ISOLATE AWAY FROM OTHERS.</b></p> <p>Contact <b>Employee Health</b> at 434-924-2013 for evaluation or <a href="#">schedule a testing appointment online</a>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or <a href="mailto:employeehealth@virginia.edu">employeehealth@virginia.edu</a>)</p>	
<b>I'm a close contact.**</b>	<p> <b>FOLLOW VDH GUIDANCE.</b></p> <p>Schedule a COVID-19 testing appointment at <b>Student Health and Wellness</b> or report a positive test result using the HealthyHoos patient portal at <a href="http://www.healthyhoos.virginia.edu">www.healthyhoos.virginia.edu</a>.</p>	<p> <b>FOLLOW VDH GUIDANCE.</b></p> <p>Contact <b>Employee Health</b> at 434-924-2013 for evaluation or <a href="#">schedule a testing appointment online</a>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or <a href="mailto:employeehealth@virginia.edu">employeehealth@virginia.edu</a>)</p>	
<b>I'm unvaccinated and was prevalence testing.</b>	<p>Prevalence testing is no longer required. Please review <a href="#">VDH guidance</a> on how to keep yourself and others safe.</p>		<p>Continue prevalence testing at Employee Health.</p>
<b>I'm testing for travel.</b>	<p>Please review this <a href="#">SHW travel resource</a> to prepare for required testing before travel. Testing and vaccination requirements will vary based on airline and destination.</p>		
<b>I'm testing for an event, before seeing family, or another proactive reason.***</b>	<p>Rapid antigen at-home tests are available for free at the <a href="#">SHW Pharmacy</a> and <a href="#">UVA Bookstore Pharmacy</a> through the end of the spring semester, while supplies last. <b>Let's Get Checked</b> kits can also be <a href="#">ordered through the portal</a> while supplies last. Rapid antigen at-home tests are also available at local pharmacies, and <a href="#">insurers are required</a> 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: <a href="http://www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites">www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites</a></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](http://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 20: National Rescue Dog Day**

**May 21: National Learn to Swim Day**

**May 22: Harvey Milk Day**

**May 23: National Safe Sun Week**

**May 24: National Brothers Day**

**May 25: National Brown-Bag It Day**

**May 26: National Sorry Day**

**May 27: National Heat Awareness Day**

**May 28: National Hamburger Day**