

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

06.03.2022

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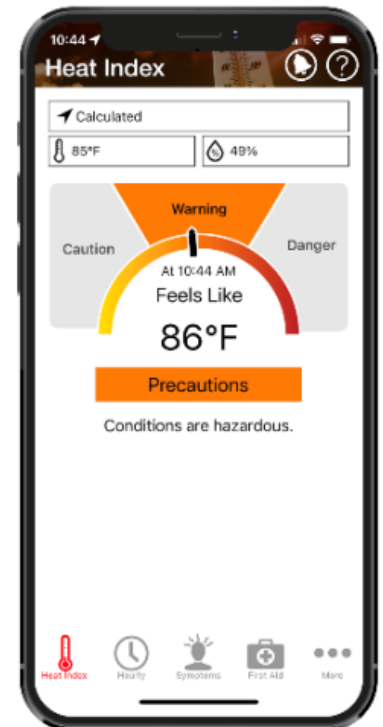


***Don't forget:
Reasons to Celebrate!***

Heat Safety App by OSHA-NIOSH

The [OSHA-NIOSH Heat Safety Tool](#) is a useful resource for planning outdoor work activities in the heat. It features real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and health recommendations from OSHA and NIOSH.

Download: <https://at.virginia.edu/JcQIU5>



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.

OCCUPATIONAL HEALTH & SAFETY

NATIONAL SAFETY MONTH



June is recognized as National Safety Month by the [National Safety Council \(NSC\)](#).

This year, each week has a theme:

June 1-11

Week 1



Musculoskeletal Disorders

MSDs are a leading cause of workplace injury and cost billions each year in workers' compensation and lost productivity. Gain the latest resources and practical tools to help your organization take action.

June 12-18

Week 2



Workplace Impairment

We all know the dangers of substance use on the job. But did you know mental distress, stress and fatigue are also impairing? Access resources to recognize the signs and address impairment, in all its forms.

June 19-25

Week 3



Injury Prevention

In 2020 alone, more than four million workplace injuries required medical attention in the U.S. Learn about approaches to preventing injuries and deaths, including identifying hazards and assessing risks.

June 26-30

Week 4



Slips, Trips and Falls

With falls the second-leading cause of unintentional injury-related death, this week we'll focus on reducing slips, trips and falls, falls from heights and how technology can play a role in saving lives.

DON'T FORGET TO STRETCH & FLEX

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

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

March in Place

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



Arm Circles

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



Now we're ready for some stretching exercises.

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

Knee to Chest

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



Hip Stretch

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



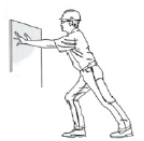
Thigh Stretch

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



Calf Stretch

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



Backward Stretch

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

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

OCCUPATIONAL HEALTH & SAFETY



NOMINATE A SAFETY CHAMPION OR A SAFETY STAR

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

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

Nominate a Safety Champion or Safety Star: <https://at.virginia.edu/myRbaj>

SAFETY SHOE UPDATES & REMINDERS

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:

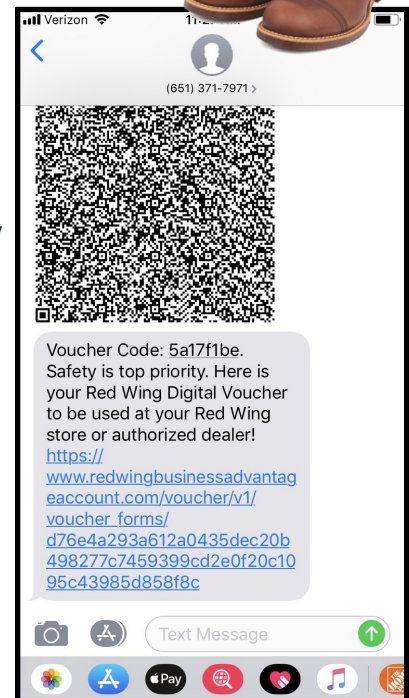


- **Athletic (sneaker style) electrical-hazard** rated shoes.
- **Special orders.**
- **Specific styles** of some boots/shoes—E.g., There may be plenty of 6" waterproof winter boots in stock, but some styles/sizes are limited stock.

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](#).**

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/UVAFMPPE>

BEE AWARE: PREVENTING HEAT ILLNESS






Both supervisors and employees should be on the lookout for warning signs of heat-related illness which can include heat rash, muscle pains/spasms, excessive sweating, nausea, headache, tiredness, and/or dizziness. You can help prevent heat illness with the following tips.

- **Eat Light:** The more calories you take in, the more body heat you produce.
- **Stay Hydrated:** Drink plenty of fluids before work and throughout the day. Avoid caffeine.
- **Dress for the Weather:** Wear lightweight clothing. Be sure to keep on all PPE and other protective items.
- **Wear a Hat:** Wide-brimmed hats protect from direct sunlight. Wear sunblock to protect your skin.
- **Rest:** Take rest periods in shaded or air-conditioned areas as needed.

Special thanks to Sonny Beal, UVA FM Recycling Program Superintendent for sharing. Source: https://2561773.fs1.hubspotusercontent-na1.net/hubfs/2561773/5.29.2022_Safety%20Matters.pdf

Protect Yourself Against Heat Exposure.

You are at risk if you:

- Are new to the job 
- Work in hot and humid conditions 
- Do heavy physical labor 
- Don't drink enough water

Tip 1: Know the Warning Signs

Heat Exhaustion:



Weakness & Wet Skin



Headache, Dizziness or Fainting



Nausea or Vomiting

Heat Stroke:



Excessive sweating or red, hot, dry skin



Confusion or Fainting



Convulsions or Seizures

Learn more about heat-related illnesses and how to prevent them at <http://bit.ly/CPWRHotWeather>

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DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:

→ Climate and Intergroup Relations Team:

- Has been approved to form a FM 'Event Team' and plan a fall FM-wide BBQ
- The team also met with Ryan Taylor and Elsa Burnette to learn more about the FM Rewards & Recognition process. You can nominate someone for an 'R&R' here – <https://www.fm.virginia.edu/employees/reward.html>
 - *Anyone can nominate.* If you have any questions, please reach out to [Elsa Burnette](#) or [Sarah McComb](#) for assistance.
- Further appreciation events like the 'Ice Cream Social' and 'Snow Removal' meals were also discussed and will be managed by the appropriate teams.
- **Any questions or want to get involved?** Reach out to any of the team members—Lester Jackson, Nina Green, Dana Schroeder, Corey Hoffman, or Emily Douglas.

Employee Resource Groups

→ FM Diversity Committee -

- Welcomes a special guest to the June 14th meeting, Samyuktha Mahadevan, Project Manager for [One Small Step at UVA](#)
- Join the group to learn more about One Small Step and ways you can participate. Email [Rollie Zumbrunn](#) for meeting details.



Click the video above to learn more about One Small Step.

DEI Events & Resources:

- **June is Pride Month!** Updates and events will be shared throughout the month. Get started with— [It's Pride Month. Here's what you need to know.](#)
- **FM Employee Council Elections**— Are taking place now! If you're interested in representing your area, reach out to your rep today, **nominations are due by today, June 3rd.** Find your rep and more information here: <https://www.fm.virginia.edu/employees/employeecouncil/index.html>



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

Workday Financials Training

Workday Financials Training began in May 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

Get help with any of your FST questions:

<https://uvafinance.virginia.edu/contact-us>

ALSO: FM-Specific Workday Financials with FM Finance

For FM purchasers: In these sessions FM Finance will provide guidance on worktags and the proper way to charge projects and work orders.

FM Finance is offering in-person sessions to provide **more detailed FM-specific training within Workday Financials**. Below are the dates, times, and locations:

- ~~Wednesday, June 1 at 7:30 a.m.~~ - FM Lunch Room Alderman 101 ~~Complete.~~
- **Tuesday, June 7 at 2:30 p.m.** - FM-Conference Room - HSPW West Complex "O" Level
- **Monday, June 27 at 7:30 a.m.** - FM-Lunch Room Alderman 101

If you have questions, please be in touch with Jason Davis, FM Financial Operations Manager:

jad7w@virginia.edu

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 5/31/2022: Questions on job listings should be directed to AskHR@virginia.edu

- R0036684 Apprenticeship Instructor
- R0035503 Senior Electrician, Night Shift, 6:00pm - 6:00am
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0032149 Facilities Planner
- R0033013 Electrical Engineer/Engineering Associate
- R0033696 Occupational Programs Coordinator
- R0034547 Landscape & Grounds Worker
- R0036433 Zone Maintenance Coordinator
- R0036421 Senior Electrician
- R0036326 HVAC Supervisor
- R0036375 Occupational Health and Safety Technician or Safety Specialist
- R0036367 Maintenance Inventory Specialist
- 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
- 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
- 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
- R0032728 Operator Assistant - Heat Plant
- R0035267 Senior Trades Utility Worker

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- 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
- R0035437 Sign Shop Worker
- 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
- 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)

Quick Tips for Completing a Job Application Successfully

1. **Read over the job application and the position description carefully.**
2. **Use your proper name and a professional sounding email address.** Personal email is available for free through services like [gmail.com](https://www.gmail.com) and other online sources.
3. **Follow the instructions & pay attention to required documents** like cover letters and references.
4. **Tailor the cover letter to the job.** Refer to qualifications and experiences you have that are also in the job listing.
5. **Include keywords in your resume.**
6. **Check your documents and responses carefully for errors.**
7. **Track your applications when applying for multiple jobs.**
8. **Tidy your social media profiles.**
9. **Upload your resume in a format that works for the applications system.**
10. **Review everything once more before hitting submit.**

Source: <https://www.facebook.com/ChaffeyCareerCenter/photos/a.187658651261146/4673309599362673/?type=3>

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>

[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

- 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.



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

YES!

Thank you for your work keeping everyone safe and healthy!

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.

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 of 4 **FREE at-home tests** (8 total) from

<https://www.covidtests.gov/>

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)).

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.


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.



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 schedule a testing appointment online. 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 schedule a testing appointment online. 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 VDH guidance 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 SHW travel resource 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 SHW Pharmacy and UVA Bookstore Pharmacy through the end of the spring semester, while supplies last. Let's Get Checked kits can also be ordered through the portal while supplies last. Rapid antigen at-home tests are also available at local pharmacies, and insurers are required 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

BEE Aware ❤️

COVID-19 continues to spread in our communities. Luckily, with most of us up-to-date on our vaccines and boosters, a COVID-19 positive result is much less scary than it was even just months ago, as vaccines can lessen symptoms and limit transmission.

However, we must still be vigilant in preventing the spread of COVID-19 to protect our friends and families.

Check out this pdf (pictured at right) from UVA's Student Health and Wellness to see what to do when you've been a close contact to a COVID-19 positive case.



WHAT'S CLOSE CONTACT — and what's next?

CLOSE CONTACT

Some examples of close contact with a person who has tested positive for COVID-19 include: being within six feet of them 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.

"I was in close contact with a person with COVID-19, am vaccinated OR unvaccinated, and am experiencing symptoms consistent with COVID-19."

Common COVID-19 symptoms include:

Fever, chills, cough, shortness of breath, fatigue, muscle aches, headache, loss of taste or smell, sore throat, nasal congestion or rhinorrhea, vomiting or diarrhea, and skin rashes. *Source = CDC*

- Do not attend class, work, or social gatherings.
- Separate yourself from others as much as possible, wear your mask, and wash hands frequently.
- Schedule a COVID-19 testing appointment at Student Health and Wellness online or call (434) 924-5362.
- Follow the instructions of the local health department if they have been in contact with you.
- If possible, have a friend pick up/order food for you. Friends can go to UVA Dining for a to-go meal if you provide them with your ID and a note that permits them to pick up a meal for you.
- Review this CDC webpage for helpful guidance.

"I was in close contact with a person with COVID-19, have no symptoms, and I am..."

- fully vaccinated and have a booster. **OR**
- fully vaccinated in the past 5 months with Pfizer, 6 months with Moderna, or 2 months with Johnson & Johnson, but do NOT have my booster shot. **OR**
- fully vaccinated or unvaccinated, but have tested positive for COVID-19 in the past 90 days."

- You do not need to quarantine. You do need to wear a well-fitting mask for a full 10 days after exposure. You can attend class.
- Get tested on day 5 after your exposure. Schedule a COVID-19 testing appointment at Student Health and Wellness online or call (434) 924-5362.
- **NOTE:** If you have tested positive in the past 90 days, you do not need to test on day 5 post-exposure.
- Follow the instructions of the local health department if they have been in contact with you.

"I was in close contact with a person with COVID-19, have no symptoms, and I..."

- was vaccinated **more than** 5 months ago with my Pfizer 2nd dose, 6 months ago with my Moderna 2nd dose, or 2 months ago with my Johnson & Johnson 1st or 2nd dose.
 - do **NOT** have my booster shot."
- OR** "I am unvaccinated."

- You need to quarantine for 5 days (e.g., do not attend class, work, or social gatherings) per CDC guidelines.
- Wear a well-fitting mask for a full 10 days after exposure.
- Get tested on day 5 after your exposure. Schedule a COVID-19 testing appointment at Student Health and Wellness online or call (434) 924-5362.
- Follow the instructions of the local health department if they have been in contact with you.

"I'm unaware of a close contact exposure, have no symptoms, but have tested positive - what's next?"

- Isolate for at least 5 days unless symptoms or fever persists. Wear a mask for a full five days after your isolation period, including around household members.
- If asymptomatic, isolate for 5 days from the date of the test. Wear a mask for a full five days after your isolation period, including around household members.
- Upload your test result to HealthyHoos if you tested positive with a provider other than SHW or UVA Health.
- If you tested positive with a rapid antigen at-home test, please schedule a "COVID Test Only" appointment at Student Health and Wellness using HealthyHoos.

Additional Q&A can be found at www.studenthealth.virginia.edu/quarantine-isolation

COVID-19 information and protocol can change quickly. If you have any questions, please email covidinformation@virginia.edu

revised 3/18/2022



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.

June 3: Love Conquers All Day

June 4: National Trails Day

June 5: Sausage Roll Day

June 6: National Yo-Yo Day

June 7: National VCR Day

June 8: National Best Friends Day

**June 9: National Strawberry Rhubarb
Pie Day**

June 10: National Herbs & Spices Day