

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

06.10.2022

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

## **Positive Self-Talk**

Instead of beating yourself up when you make a **mistake** try:

- I don't need to berate myself like this
- I am trying my best
- I am learning how to do this
- It's okay to make mistakes
- It's okay to be frustrated
- If someone else made this mistake I would forgive them

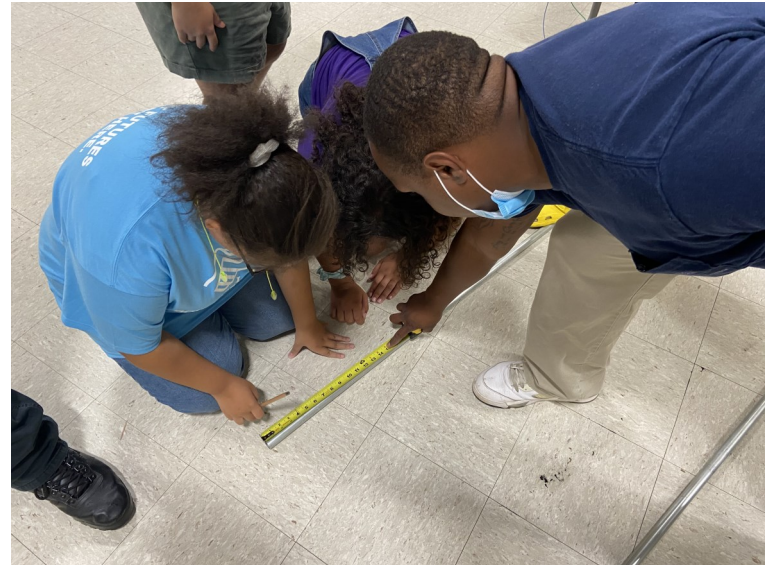
SelfLoveRainbow

***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.

# APPRENTICESHIP

## COMMUNITY CONNECTION: BOYS & GIRLS CLUB OF MADISON

Members of the UVA FM Apprenticeship team and UVA FM Occupational Programs team spent Wednesday, June 8, in Madison County at the Boys and Girls Club of Central Virginia. The teams set up interactive displays, allowing the attendees to try out electrical, plumbing, and HVAC skilled trades scenarios. Jobsite safety was also featured. The teams will be visiting the Albemarle Boys and Girls Club in August. Thanks to Ryan McCarthy, Travis Castellanos, Armiss Ferguson, Narges Sinaki, Pedro Gonzalez, Nazeer Bahauddeen & their supervisors for supporting this outreach to potential future tradespeople!



## UPDATE: APPLICATION & RECRUITMENT PROCESS

Phone interviews for the 2022 apprenticeship applicants are wrapping up and the team will meet soon to evaluate and determine who will be invited for in-person interviews.

Once in-person interviews are complete, offers will be made and the new class of apprentices will begin onboarding in early July.





## SAFETY CHAMPIONS: JASON FLOYD, DAVID GOWEN, ADAM PROFFITT, STEVEN SHIFFLETT

UVA Facilities Management would like to recognize a team of employees from UVA Chiller Plants as Safety Champions for June 2022: David Gowen, HVAC Mechanic; Adam Proffitt, HVAC Mechanic Senior; Steven (Blake) Shifflett, HVAC Apprentice; and Jason Floyd, HVAC Mechanic.

The original nomination was submitted by Jason Floyd for his teammates. The FM Occupational Health and Safety Team have made the decision to include Jason as a champion for contributing to the culture of safety and recognizing his colleagues for a job well done



safely. This team was nominated for their safe work during a procedure to lower the ends off Chiller 1 located at UVA's Aquatics and Fitness Center. Jason says:

***“I witnessed a perfect execution of ladder safety. The work performed required the safe use of several different types and heights of ladders. Not once did this group of men fail to use the team method of holding the ladder whenever a co-worker was aloft as well as ensuring that ladder footing was proper and secure.”***

Ladder safety is an often undervalued part of safety. However, falls are the number one cause of construction worker fatalities, accounting for one-third of all on-the-job deaths in the industry. Falls are preventable (Source: <https://www.osha.gov/stop-falls>). Kudos to Jason and his team for selecting the right ladders for the job, knowing ladder inspection techniques, setting up ladders correctly, working as a team, and using caution and common sense to get the job done safely!

### UVA FM Ladder Safety Resources:

- [Download the UVA FM Stairways and Ladders Program](#) [pdf]
- [Download the UVA FM Ladder Inspection Form](#) [pdf]
- [Online Ladder Inspection Form](#)

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



# BEE AWARE: SUMMER SAFETY

## Sun Safety at Work



Sun exposure causes skin cancer, premature aging of the skin, and cataracts.

- ✓ Cover up. Wear tightly-woven clothing that blocks out light.
- ✓ Use sunscreen. Use a sunscreen that has a sun protection factor (SPF) of at least 15.
- ✓ Wear a hat. A wide brim hat protects the neck, ears, eyes, forehead, nose, and scalp.
- ✓ Wear UV-absorbent shades. Sunglasses should block UVA and UVB radiation.
- ✓ Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m.



[osha.gov/heat](https://www.osha.gov/heat)



**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>

# Heat Related Deaths **ARE** Preventable

## LOOK BEFORE YOU LOCK



The temperature in your car can quickly become deadly!

Outside Temperature 80°



Time Elapsed: 10 Minutes

Time Elapsed: 20 Minutes



Time Elapsed: 30 Minutes

Time Elapsed: 60 Minutes



[weather.gov/heat](https://www.weather.gov/heat)

[nhtsa.gov](https://www.nhtsa.gov)

## JUNE 14: FORKLIFT SAFETY DAY

The Industrial Truck Association is celebrating the 9th annual [National Forklift Safety Day \(NFSD\)](#) on June 14, 2022.

NATIONAL  
**FORKLIFT  
SAFETY DAY**



While safety around forklifts (also known as [powered industrial trucks](#)) should be practiced each

day, taking a specific day to acknowledge the importance of forklift safety can remind us to inspect and maintain our equipment to the best operating standards.

### **What hazards are associated with operating forklifts and how can they be prevented?**

There are many types of forklifts. Each type presents different operating hazards to be aware of that's covered in training. Employees can also be injured when (1) lift trucks are inadvertently driven off loading docks; (2) lifts fall between docks and an unsecured trailer; (3) they are struck by a lift truck; or (4) they fall while on elevated pallets and tines.

At FM, forklift operators must have had the FM-OHS online and hands-on training.

If your group needs training, email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)

### Operating a Forklift Safely:

- **Only trained and certified workers may operate a forklift.** (See [29 CFR 1910.178](#)). No one under 18 may use a forklift.
- **Operators must be trained on the type of vehicle** in use, and on **workplace conditions**.
- **Inspect:** Before operating the vehicle, examine it for hazardous conditions which would make it unsafe to operate.
- **Always wear a seatbelt**, if available.
- **Never exceed the rated load** and ensure it is **stable and balanced**.
- **Ensure you have enough clearance** when raising, loading, and operating the vehicle. Keep a safe distance from platform, ramp, and loading dock edges. Never back up a forklift to the dock's edge.
- **Follow safe procedures** for picking up, putting down and stacking loads.
- **Watch for pedestrians** and observe the speed limit.
- **Slow down in congested areas** and those with slippery surfaces.
- **Use horns at cross aisles and obstructed areas**.
- **Do not give rides or use the forks to lift people**.
- If required to park a vehicle on an uneven surface, **set the emergency brake**.



Learn more: <https://www.osha.gov/etools/power-industrial-trucks/>









## OCCUPATIONAL HEALTH & SAFETY

### WELLNESS: PREVENT FOOD-BORNE ILLNESS

Millions of people get sick from food-borne illnesses every year and that risk increases the more we are hosting cookouts, going on picnics, or taking home leftovers from the latest gathering. During the warmer months, bacteria grows faster so it's more important to prepare and keep food safely during the summer.

**Following four simple steps at home—Clean, Separate, Cook, and Chill—can help protect you and your loved ones from food poisoning:**

- ◆ **Clean:** Wash hands often for 20 seconds with soap and water before, during, and after preparing food and before eating. Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item. 
- ◆ **Separate:** Don't cross-contaminate. Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, unless you keep them separate.   
- ◆ **Cook** to the right temperature: Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood). 
- ◆ **Chill:** Refrigerate promptly. Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40° F and 140° F. 

For more information on food safety, visit the [VDH website on food safety](#) or the [CDC website on cooking out safely](#).

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

### 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>



# 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	June 12-18	June 19-25	June 26-30
Week 1	Week 2	Week 3	Week 4
<p><b>Musculoskeletal Disorders</b></p> <p>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.</p>	<p><b>Workplace Impairment</b></p> <p>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.</p>	<p><b>Injury Prevention</b></p> <p>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.</p>	<p><b>Slips, Trips and Falls</b></p> <p>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.</p>

## ALCOHOL AND OTHER DRUGS

Well-supported scientific evidence has shown that repeated alcohol or other drug use changes the brain, including parts of the brain that give a person self-control. This can lead to compulsive use and explains why quitting is so hard, even when there is a desire to do so. Despite this, there are effective treatments for alcohol and drug use disorders that help people stop using and maintain productive lives.

[UVA Faculty & Employee Assistance Program \(FEAP\)](#) offers a list of resources for making a plan to find treatment for problems related to drugs and alcohol:

- ◆ FEAP: 434-243-2643 / <https://uvafeap.com/counseling-services/alcohol-and-other-drugs>
- ◆ Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357) / <https://www.samhsa.gov/find-help/national-helpline>
- ◆ NIAA Alcohol Treatment Navigator: <https://alcoholtreatment.niaaa.nih.gov/>
- ◆ Recover Together (Google): <https://recoverttogether.withgoogle.com/>
- ◆ Region Ten Community Services Board: 434-972-1800 / <https://regionten.org/>
- ◆ "Rethinking Drinking" from NIAA: <https://www.rethinkingdrinking.niaaa.nih.gov/>
- ◆ Face Sheet—"Alcohol Use Disorder" from NIAA: <https://at.virginia.edu/4CzvDB>
- ◆ Moderation Management: <https://moderation.org/>
- ◆ Start Your Recovery: <https://startyourrecovery.org/>

## DIVERSITY, EQUITY & INCLUSION

### Inclusive Excellence Update:



#### → Access + Success Team:

- Will begin meeting in July with HR Business Partners to create a working group to build a 'promotion kit' for FM. Once that is complete, the group will focus on a 'hiring kit'.
- Please reach out to the team with any questions—Sonya Swiderski, Marcus Klaton and Shawn Anderson as well as HR Business Partners Elsa Burnette, and Sarah McComb.

#### → Infrastructure + Investment Team:

- Will kickoff this month! Revisit the FM website for their action plan— <https://diversity.fm.virginia.edu/inclusive-excellence.html>

#### → Climate + Intergroup Team:

- Beginning to plan for fall BBQ Event—interested, ideas? Contact any of the team members—Lester Jackson, Nina Green, Dana Schroeder, and Corey Hoffman.

## Employee Resource Groups

### → Come to the FM Diversity Committee—Special Guest!

- Learn more about [One Small Step at UVA](#) from Project Manager Samyuktha Mahadevan
- Tuesday, June 14th at 2pm. Hybrid meeting. Email [Rollie Zumbrunn](#) for meeting details.

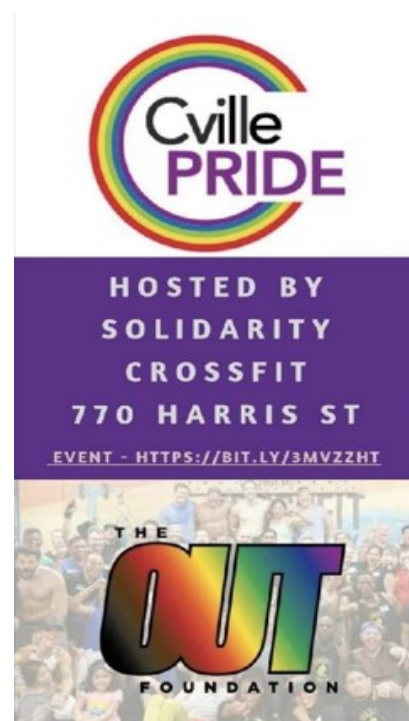


Click the video above to learn more about One Small Step.

## DEI Events & Resources:

- **OutWOD Pride Workout** this Saturday 10:30-11:30am at Solidarity Crossfit, 770 Harris St.—[Click here to learn more](#)
- **4 Ways to Promote Inclusivity in the Workplace Beyond Pride Month**—[Click here](#)
- **VA Pride, Endless Summer of Pride events**—[Click here](#)
- **What is the history of Pride Month?** - [Click here](#)

*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!*





The FM Diversity Committee presents

# EL TAKO NAKO FOOD TRUCK LUNCH SOCIAL



**WHEN:**

**Tuesday, June 14  
11:00 AM to 1:00 PM**

**WHERE:**

**FM Lot behind  
the Leake Building**

**No preregistration needed.**

**A QR code will be available for ordering & paying.**

**See**

**<https://www.tapingo.com/order/restaurant/el-tako-nako-uva/>  
to preview an example of their menu.**

## 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](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
- ~~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](mailto: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 6/8/2022:

Questions on job listings should be directed to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

- R0036614 Master Maintenance Technician
- R0030524 Boiler Operator
- R0036800 Zone Maintenance Coordinator
- R0036876 Plumber Steamfitter
- R0034777 HVAC Mechanic/HVAC Senior Assistant
- R0036433 Zone Maintenance Coordinator
- R0036726 Senior Electrician
- R0036684 Apprenticeship Instructor
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0032149 Facilities Planner
- R0033013 Electrical Engineer/Engineering Associate
- R0033696 Occupational Programs Coordinator
- R0036421 Senior Electrician
- R0036326 HVAC Supervisor
- R0036375 Occupational Health and Safety Technician or Safety Specialist
- R0036367 Maintenance Inventory Specialist
- R0035626 Geospatial Space Analyst
- 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
- 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
- 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

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

## OCCUPATIONAL TRAINING

### UVA FM Job Postings, Continued from previous page

- R0033786 Plumber
- R0033904 Electrician - CCR
- R0033071 Electrician - CCR
- R0034508 Electrician
- R0035363 Recycling Worker
- R0030544 Carpenter - Construction & Renovation Services
- R0030397 Plumber Assistant
- 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
- 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)

## 8 Professional Development Tips to Expand Your Job Skills

1. **Learn about available resources at UVA**, including [tuition reimbursement](#) and other development opportunities across Grounds.
2. **Join related professional associations.**
3. **Take on new challenges:** Talk to your manager about getting involved in projects outside of your normal responsibilities. Volunteer for assignments that stretch your skills. Consider if there are professional certifications that can advance your career.
4. **Find a mentor.** Look for someone whose expertise you admire, and ask if they will assist you as a mentor. You should each be clear about what you're looking for (career advice, education recommendations) and how much time you can dedicate to the relationship.
5. **Shadow a colleague to learn about their skills.**
6. **Help others develop their skills:**
7. **Volunteer on committees or for leadership roles** at organizations where you can develop skills that not only benefit the group but also are applicable to your job. Learn to develop collaboration skills and hone your interpersonal skills.
8. **Create a professional development plan** with your supervisor: Set one-, three- and five-year goals for the job skills you'd like to obtain. During your performance reviews, you should highlight the new skills you've developed.



# 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

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.

## Treatment Finder:

### Get medication for COVID-19

COVID-19 antiviral medications are now available through your doctor, local pharmacies, and health clinics.

If you have COVID-19 symptoms and test positive, do not wait to get treated — You must take oral COVID-19 medication within 5 days of your first COVID-19 symptoms.

Use the tool below to find a Test to Treat location : <https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>

Learn more about the Test to Treat Program: <https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>

## 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](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 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](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> <i>or</i> 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 <u>schedule a testing appointment online</u>. 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> <i>or</i> 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 <u>schedule a testing appointment online</u>. 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 <u>VDH guidance</u> on how to keep yourself and others safe.</p>		<p><b>Continue prevalence testing</b> at Employee Health.</p>
<b>I'm testing for travel.</b>	<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>		<p><b>For all other testing</b> (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>
<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 <u>SHW Pharmacy</u> and <u>UVA Bookstore Pharmacy</u> through the end of the spring semester, while supplies last. <b>Let's Get Checked</b> 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>		

\* **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)

**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](http://www.studenthealth.virginia.edu/quarantine-isolation)

COVID-19 information and protocol can change quickly. If you have any questions, please email [covidinformation@virginia.edu](mailto: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 10: National Iced Tea Day**

**June 11: Say Hi Day**

**June 12: International Falafel Day**

**June 13: National Kitchen Klutzes of  
America Day**

**June 14: National Forklift Safety Day**

**June 15: National Smile Power Day**

**June 16: Fresh Veggies Day**

**June 17: National Flip Flop Day**