

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

Celebrating Pride
Month

06.24.2022

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



The OP Wrap Up has entered its second year of weekly publication. The Occupational Programs team requests your anonymous feedback to help shape the way forward for the OP Wrap Up. Selected survey responses may be shared with FM leadership and/or via the Wrap Up.

TAKE THE SURVEY

COVID-19 & VACCINE RESOURCES

- **NEW!** Vaccines are Now Approved for Children 6 Months & Older
- “Long COVID”: What to know
- Helpful Links
- What to do: Positive At-Home Test
- It's easier than ever to get your COVID-19 vaccine/booster!
- The Latest on COVID-19 Vaccines
- Treatment Finder: Get medication for a COVID-19 Positive
- Reporting Reminder
- Free & Reimbursed At-Home COVID-19 Tests (8 per month)
- UVA COVID-19 Testing Guidelines
- What To Do If You're a “Close Contact”

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 TRAINING

Welcome to Mark Orr!

Mark joined the UVA FM Occupational Training team this week as a senior training and development specialist. Mark has more than 15 years of experience in education and training, including leadership training, safety training, instructional design, e-learning development and LMS administration. Prior to UVA, Mark was the Corporate Training and Development Manager for Dynamic Aviation, worked as a Regional Trainer and Patient Experience Manager with Crothall Healthcare, and as a Regional IT trainer for Allied Building products.



Mark earned his secondary degree in Adult Education-Training and Development from North Carolina State University, and his undergraduate degree in middle school education from the University of Akron. Mark and his partner Polly live in and enjoy Charlottesville sites and attractions. In addition to being a proud veteran of the US Army, Mark is an avid vintage motorcyclist, experimental cook, and is a certified “YouTube Mechanic”.

Reach out to Mark at PNE4YF@virginia.edu

Training Highlight: Backflow Prevention

Are you interested in Backflow Prevention Training?

Email fm-training@virginia.edu for additional information.

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 6/22/2022:

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

- R0036929 HVAC Assistant
- R0036931 HVAC Mechanic
- R0036990 Boiler Operator
- R0037339 Carpentry Supervisor
- R0037356 HVAC Mechanic or Senior Mechanic
- R0037260 Grounds Maintenance Coordinator
- R0036684 Apprenticeship Instructor
- R0035630 Geospatial Space Technician
- R0033904 Electrician - CCR
- R0028140 Recycling Supervisor
- R0037116 Custodial Services Worker - M - F 5:00 AM - 1:30 PM
- R0030560 Carpenter Senior
- R0034727 Mason - CC&R
- R0036157 Historic Mason - CC&R
- R0037019 Electrician, Night Shift, 6:00pm - 6:00am
- R0036614 Licensed Tradespeople (HVAC, Electrical or Plumbing)
- R0036927 Carpenter
- R0035200 Quality Control Inspector

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0036800 Zone Maintenance Coordinator
- R0036876 Plumber Steamfitter
- R0034777 HVAC Mechanic/HVAC Senior Assistant
- R0036433 Zone Maintenance Coordinator
- R0036726 Senior Electrician
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- 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
- 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
- R0032538 Zone Maintenance Supervisor, McCormick Zone
- R0026856 Senior Welder for Utility Systems
- R0033637 Pipefitter/Steamfitter Senior
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0031155 Instrumentation & Controls Technician
- R0030791 Instrumentation & Controls Technician
- R0032487 Fire Systems Technician
- R0034404 Plumber
- R0032728 Operator Assistant - Heat Plant
- R0035267 Senior Trades Utility Worker
- R0034384 Plumber
- R0033786 Plumber
- 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
- R0031374 HVAC Mechanic
- R0032868 Custodial Services Worker - HSPP 5:00pm-1:30am
- R0032122 Construction Administration Manager
- R0025875 Landscape Plant Health Specialist
- R0027779 Arborist
- R0027977 IT Desk Support (Student Wage)

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
- ~~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

DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:

→ **New kickoff! IE Team Infrastructure + Investment has begun!**

→ What does that mean? The IE group focusing on Infrastructure + Investment at FM focuses on the following questions, **How are we organized? Where do we invest our energies and money? What "governs" our work? How do we communicate? How do we build inclusive capacity?**

→ The final section of the IE Survey was dedicated to gathering your feedback for the Infrastructure + Investment team to build their action plan for FM.

→ [Find the IE Survey Results here](#)

→ [Find the IE Action Plan here](#)

→ The Infrastructure + Investment team consists of—

→ Kevin Beale, Landscape

→ Dennis Bianchetto, Programs & Informatics

→ Dan Shantler, Systems Control

→ Ruta Vasiukevicius, OUBO

→ Please reach out to any team member to learn more and check back for updates!

Employee Resource Groups:

→ **June is PRIDE month!**

→ UVA LGBT Employee Resource Group Chair Gary Nimax discusses his personal journey and role at UVA

→ *“Our new students and employees need to see themselves represented in senior leadership, health care providers, faculty, staff and peers. That’s why it matters when we had our first LGBTQ dean, VP, or Student Council president. In a perfect world, it shouldn’t matter, but people need to see that it’s possible for us to excel and work in a variety of fields.”* [Read more here.](#)

→ Read more about [LGBT accomplishments at UVA here](#)

→ **Remember, Dan Shantler is our FM Representative** to the UVA LGBT Committee. [Please contact Dan](#) to learn more about the work the committee is leading at UVA and ways you can be involved or become an ally!



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

DIVERSITY, EQUITY & INCLUSION

DEI Events & Resources:

- Pay attention to Mental Health in the workplace with these resources from FEAP:
 - **Ways to Support Mental Health in the Workplace.** For example ways to, Actively Check-In, Be Vulnerable and Model Healthy Behaviors, and Lead with Compassion , among others. [Click here to access the full document.](#)
 - **8 Ways Managers Can Support Mental Health** including, communicating more than you think, offer flexibility and check-in. [Click here to access the full list.](#)
 - Schedule a call with FEAP anytime as a UVA employee, [click here.](#)
- **PRIDE Market**—Decipher Brewing and Umma's are teaming up to host a Pride Market to showcase Charlottesville's local LGBTQ+ owned businesses. Live music by Luke & Brady at 6pm.
 - 12-8pm this Sunday at Decipher Brewing, 1740 Broadway St, Charlottesville, VA
 - [Click here to learn more.](#)
- UVA's Division for Diversity, Equity and Inclusion is offering *new* DEI learning sessions on Microaggressions and an Intro to DEI. Click the links below to learn more and register!



I Felt That: Microaggression and its Impact

This session provides an overview and definition of the concept of microaggressions. This workshop will also provide participants with an approach on how to defend from microaggressions using the R.A.V.E.N method.

Summer/Fall 2022 Dates: 6/17; 7/21; 08/25; 9/22; 10/20; 11/17; 12/15



That's the Way of the World: An Introduction to DEI

This session provides an overview of the concepts of Diversity, Equity, and Inclusion as it relates to our shared work at UVA. Participants will have the opportunity to identify and reflect upon how each concept relates to their unique identity and why it matters.

Summer/Fall 2022 Dates: 6/22; 07/12; 08/16; 09/13; 10/11; 11/15, 12/6

- [Click here](#) to register for 'Microaggression and its Impact'
- [Click here](#) to register for 'That's the Way of the World'

These sessions are open to all UVA faculty, staff, students, alumni, parents, friends, and neighbors of the University.

To learn more about our program philosophy, view or register for scheduled offerings, and request a custom session or consultation visit our new website at <https://dei.virginia.edu/learning-programs>.

We have several additional sessions under development that will be available later this fall. Follow us on our social media channels to stay up to date and reserve your spot today in one of our upcoming workshops!

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.

SLIPS, TRIPS & FALLS AND THEIR CAUSES

- **Slips** happen when there is insecure footing resulting in a loss of balance.
- **Trips** happen when there is a loss of balance resulting from contact with an object.
- **Falls** happen when there is a failed or missing support. Slips and trips can lead to falls which can happen on the same level or from one to another.

Circumstances associated with fall incidents in the work environment frequently involve:

1. Slippery, cluttered, or unstable walking/working surfaces
2. Unprotected edges
3. Floor holes and wall openings
4. Unsafely positioned ladders
5. Misused/expired PPE

Always mark wet floors, slippery surfaces, unprotected edges, holes, and openings.

Be sure to [choose the right ladder](#) and inspect your PPE.

Request new safety shoes if yours are worn: <https://at.virginia.edu/FMShoeRequest>.

BEE AWARE:

SUNSCREEN EXPIRES!

Did you know your sunscreen expires after 3 years?

- Some sunscreen manufacturers print the expiration date on the bottle or label, but not all do. When you buy a bottle of sunscreen, check for an expiration date.
- If it doesn't have an expiration date, write the date of purchase in permanent marker.
- Also take note of the period-after-opening symbol, which tells you how long a product stays fresh once opened. It typically looks like a jar with the lid off and a number, which indicates the number of months after you open it that it's usable.



Other hints that your SPF might be ineffective include:

- **Consistency:** If the sunscreen is very watery or chunky, it may be expired.
- **Color:** If it appears an unusual shade, it's probably expired.
- **Smell:** If it smells different than it did when you bought it (or smells weird in general), it may be expired.

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)



OSHA®

Heat Safety App by OSHA-NIOSH: The [OSHA-NIOSH Heat Safety Tool](https://www.osha-niosh.gov/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>

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

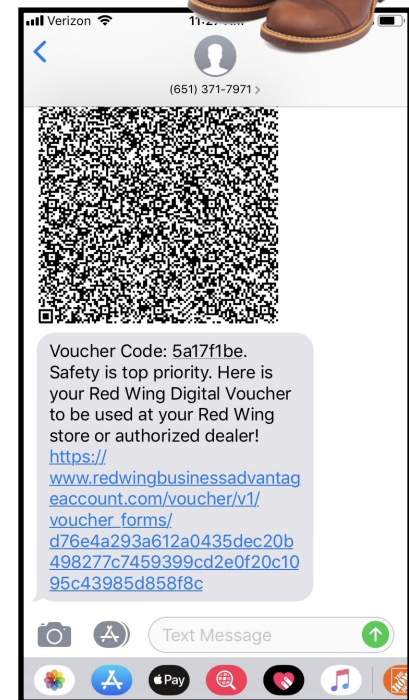
Schedule Update: In order to coincide with New Employee Safety Training and FM Onboarding, the next shoe truck will be on Grounds on **Wednesday, July 6**. It will be behind Skipwith Hall from 7:00 AM to Noon and at the HSPP Multistory Loading Dock from 1:00 PM to 3:00 PM.

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).
- 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](#).

View the shoe program & truck schedule:

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



DID YOU KNOW? FM PROVIDES PRESCRIPTION SAFETY GLASSES!



Protect your vision! The steps for requesting prescription safety glasses:

1. Make sure your eyeglasses prescription is **less than 1 year old**.
2. Have your supervisor or department purchaser email your prescription, shop & org #s, and purchasing info to Jessie McGann in Procurement at jfm9n@virginia.edu
3. Jessie will respond with a voucher for Visionworks in Barrack's Road Shopping Center.
4. Redeem your voucher! Keep your eyes safe.

COVID-19 RESOURCES

NEW! Vaccines are Now Approved for Children 6 Months & Older

Babies, toddlers, and preschoolers are now eligible to be vaccinated for COVID-19, after the CDC and FDA signed off on both Pfizer-BioNTech and Moderna's vaccines for children this week.

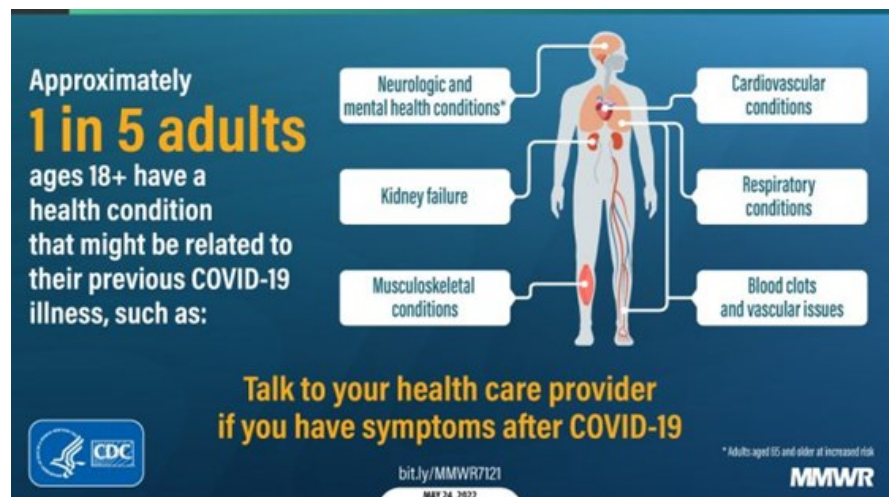
Key info to know:

- Find where they are being given: <https://www.vaccines.gov/search/> or contact your child's doctor to schedule.
- Children who have already had COVID-19 should **still get vaccinated**.
- COVID-19 vaccines and other vaccines can be **given at the same visit**.
- **Children receive smaller doses of the COVID-19 vaccine**, based on their age. Like the adult vaccine, the children's vaccine helps keep them from getting seriously sick if they get COVID-19.
- **COVID-19 vaccines are safe** for children ages 6 months and older.
- [Covid.gov](https://www.covid.gov) is a **one-stop website** that will help people in the US access COVID-19 tests, vaccines and treatments, along with status updates on infection rates where they live.

Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccines-children-teens.html>

Long COVID: What to Know

On May 27 of this year, [the CDC released their latest report](#) on the rate of "post-COVID conditions" (a.k.a. "long COVID") among people infected with the virus. Approximately 1 in 5 adults between the ages of 18-64 and 1 in 4 adults ages 65+ developed a long-term health condition potentially attributable to their initial case.



If you've been experiencing new or recurring symptoms for more than a couple weeks since your initial COVID-19 infection, talk to your doctor.

As infections rise, so will the number of patients who develop long COVID. To lower these incidences, CDC affirms that the implementation of **COVID-19 prevention strategies** (like vaccines, social distancing, and mask usage) is critical in reducing COVID-19 infections.

Read the report: <https://www.cdc.gov/mmwr/volumes/71/wr/mm7121e1.htm>

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

- **NEW! Everyone 6 months and older is now eligible for a FREE COVID-19 vaccine.** Contact your child's doctor to make an appointment or plan to visit a **local clinic** to get them the protection they need. Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq-children.html>
- 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.
- A **second booster** dose of an mRNA COVID-19 vaccine (Pfizer or Moderna) is recommended for adults ages 50 & up and people 12 years and older who are immunocompromised.
- 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/o7I4kd>

COVID-19 RESOURCES

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.

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.

Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order 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.

If you are a member of the UVA Aetna Health Plan, you can request reimbursement and **FREE tests** by logging 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.




University of Virginia

COVID-19 TESTING

Spring 2022

The following testing guidelines are effective as of March 28th, 2022.

Why are you testing?	Students	Academic Faculty & Staff	UVA Health Team Members
I'm symptomatic.*	<p>SELF-ISOLATE AWAY FROM OTHERS.</p> <p>Schedule a COVID-19 testing appointment at Student Health and Wellness <i>or</i> report a positive test result using the HealthyHoos patient portal at www.healthyhoos.virginia.edu.</p>	<p>SELF-ISOLATE AWAY FROM OTHERS.</p> <p>Contact Employee Health at 434-924-2013 for evaluation or <u>schedule a testing appointment online</u>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or employeehealth@virginia.edu)</p>	
I'm a close contact.**	<p> FOLLOW VDH GUIDANCE.</p> <p>Schedule a COVID-19 testing appointment at Student Health and Wellness <i>or</i> report a positive test result using the HealthyHoos patient portal at www.healthyhoos.virginia.edu.</p>	<p> FOLLOW VDH GUIDANCE.</p> <p>Contact Employee Health at 434-924-2013 for evaluation or <u>schedule a testing appointment online</u>. Employees who receive positive test results outside of UVA should notify Employee Health (434-924-2013 or employeehealth@virginia.edu)</p>	
I'm unvaccinated and was prevalence testing.	<p>Prevalence testing is no longer required. Please review <u>VDH guidance</u> on how to keep yourself and others safe.</p>		<p>Continue prevalence testing at Employee Health.</p>
I'm testing for travel.	<p>Please review this <u>SHW travel resource</u> to prepare for required testing before travel. Testing and vaccination requirements will vary based on airline and destination.</p>		
I'm testing for an event, before seeing family, or another proactive reason.***	<p>Rapid antigen at-home tests are available for free at the <u>SHW Pharmacy</u> and <u>UVA Bookstore Pharmacy</u> through the end of the spring semester, while supplies last. Let's Get Checked kits can also be <u>ordered through the portal</u> while supplies last. Rapid antigen at-home tests are also available at local pharmacies, and <u>insurers are required</u> to fully cover 8 over-the-counter at-home tests per covered individual per month.</p>		<p>For all other testing (travel, required for conference, etc.) Please visit the BRHD website for alternative testing sites: www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites</p>

* **Symptoms of COVID-19** include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea. **Source:** CDC

** **A close contact is defined as** being within six feet of a person who has tested positive for COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period (e.g. having lunch or being part of a gathering with them); living with them; providing care for them; or having exposure to respiratory secretions (e.g., being coughed or sneezed on, sharing a drinking glass or utensils, kissing) from them.

*** Please be thoughtful about your use of community testing resources!



VDH has a new quarantine and isolation calculator that provides timeframes based on your vaccination status, specific date of exposure or symptom start, next steps to take, resources, and more.

Check it out at www.vdh.virginia.gov/coronavirus/protect-yourself/isolation-quarantine

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 24: National Relationship Equity Day

June 25: Midsummer Day

June 26: National Beautician's Day

June 27: National Onion Day

June 28: National Alaska Day

June 29: National Waffle Iron Day

June 30: International Asteroid Day

July 1: National Creative Ice Cream Flavors Day