The Occupational Programs Weekly Wrap Up
UVA Facilities Management Independence Day 07.01.2022

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Requesting Your FEEDBACK
See a sneak peek of the survey findings & make your voice heard!

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.
SNEAK PEEK:
Since 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. Below are the results of the survey thus far. You can still make your voice heard at [https://at.virginia.edu/OPWrapUp22](https://at.virginia.edu/OPWrapUp22).

**What is your overall satisfaction with the OP Weekly Wrap Up?**
- I look forward to it: 25%
- I like it: 50%
- I don't care about it: 8.33%
- It's annoying: 16.67%

**How often do you read the Occupational Programs Weekly Wrap Up?**
- Weekly: 33.33%
- Usually every week: 16.67%
- I glance at the email: 41.67%
- Other/I like to scroll to the end to see what weird holidays we're having: 8.33%

**How the OP Wrap Up gets read:**
- Computer or tablet: 100%

**The Most Helpful Newsletter Items:**
(So far)
- Professional Development Opportunities
- BEE AWARE: Safety tips
- Safety Champion
- OHS Reminders
- Job Listings
- IE Plan Updates
- Employee Resource Groups

**UPDATE: Application & Recruitment Process**
In-person interviews took place this week and the team will meet soon to evaluate and determine who will receive a formal offer from UVA FM to join the Apprenticeship Program.

Onboarding will be scheduled for the first two weeks of August.
**OCCUPATIONAL HEALTH & SAFETY**

**HAVE A SAFE & HEALTHY INDEPENDENCE DAY**

**FIREWORKS:** The safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. If you are setting fireworks off at home, follow these safety steps:

- **Never give fireworks to small children,** and never throw or point a firework toward people, animals, vehicles, structures or flammable materials. **Always follow the instructions on the packaging.**
- **Keep a supply of water close by** as a precaution.
- **Make sure the person lighting fireworks always wears eye protection.**
- **Light only one firework at a time and never attempt to relight a “dud.”**
- **Store fireworks in a cool, dry place away from children and pets.**

**CHECK YOUR TIRES!**

June 27-July 3 is Tire Safety Week. Review these commercial TIRES safety tips from the US Department of Transportation.

**TIRE INSPECTION**

Examine your tires every day for:
- Irregular wear on treads
- Cracking
- Bulges
- Cuts
- Foreign objects
- Inadequate tread depth
- Other damage

**EXTREME LOADING**

Overloading or underinflation causes excessive heat build-up and internal structural damage that can lead to a tire failure.

**INFLATION PRESSURE**

Gauge your tires before each trip (cold) and adjust as necessary.

**RIMS**

Only use approved tire/rim combinations of the proper width and diameter. Mismatched tire and rim components may explode and cause serious injury or death.

**SPEED**

DO NOT exceed your tires’ speed rating – Doing so can damage your tires and lead to premature failure.


If you find any issues with your UVA FM vehicle, email **FM-Fleet@virginia.edu**

**PICNICS:**

- **Don’t leave food out in the hot sun.** Keep perishable foods in a cooler with plenty of ice or freezer gel packs.
- **Wash your hands** before preparing the food.
- **If you are going to cook on a grill,** always **supervise the grill when in use.** Don’t add charcoal starter fluid when coals have already been ignited. **Use the long-handled tools** especially made for cooking on the grill to keep the chef safe.
- **Never grill indoors.** Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
- **Make sure everyone, including pets, stays away from the grill**
OCCUPATIONAL HEALTH & SAFETY

SAFETY CHAMPION: GERI FINDLEY

UVA Facilities Management would like to celebrate Geri Findley as the July 2022 Facilities Management Safety Champion for her willingness to act to correct a potentially unsafe situation. Geri is a housekeeping supervisor in the Newcomb Custodial Zone where she and her staff work to keep the buildings in their care clean and accessible for the UVA community. A true steward of her work zone, Geri took notice of a contractor worksite that may have been using unsafe practices. Despite this being outside of her typical responsibilities, Geri knew she had to keep everyone safe at work. She notified the UVA Facilities Management Occupational Health and Safety team who were able to visit the area of concern and collaborate with the workers on site to make sure that a safe work plan was followed. This type of proactive attention to the safety of ourselves, our coworkers, and other work partners is greatly appreciated. Thank you, Geri, for looking out for everyone at UVA!

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

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

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.
Heat Safety App by OSHA

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

Special thanks to the E&U Safety Committee for their June Safety Poster and to Avery Wagner for helping design!

When there's fire in the sky...

Stay cool on the ground!

Stay protected from heat:

⭐ Keep hydrated
⭐ Seek shade
⭐ Wear a hat and loose clothes outdoors
⭐ Have water nearby when lighting fireworks

Presented by the E&U Safety Committee &
BEE AWARE:
LOOK OUT FOR DANGEROUS PLANTS & ANIMALS!

Plants:

→ Poison ivy, poison oak, and poison sumac:
  • These plants can cause skin irritation if handled and lung irritation if burned and the smoke is inhaled due to the poisonous sap in their roots, leaves, and stems.
  • Around 85% of people exposed to these plants will develop an allergic reaction.
  • Remember: “Leaves of three, let it be.” Poison ivy and oak can be easily identified by their three green leaves from one stem. In some cases, poison oak can have up to five leaves. Meanwhile, poison sumac is a woody shrub that has seven to 13 leaves, often arranged in pairs.

→ Stinging nettle: Also known as wood nettle, this plant can irritate the skin with its stinging hairs. Its leaves have coarse edges.

Creatures:

→ Snakes
  ♦ Cottonmouths/water moccasins, copperheads, and rattlesnakes are the venomous snakes to look for in Virginia.
  ♦ Wearing boots, long pants, and snake gaiters—a product that offers leg protection from the top of the foot to just below the knee—are the best protection against snakes outdoors.
  ♦ When you see a snake, give it lots of space. Threatened animals may react in a way that might hurt you, whether or not it’s venomous.

→ Spiders: The black widow spider is active in Virginia.
  ♦ Black widows are identifiable by a red hourglass pattern on the underside of their abdomen
  ♦ Black widows build webs between objects and in small spaces you may encounter.

→ Bees, wasps, and hornets:
  ♦ Finding nests or hives are most common in warmer months. They are typically built in trees, on equipment such as ladders, or under roof eaves.
  ♦ Stings cause pain, swelling, and the potential for severe allergic reactions.
  ♦ Be aware if you have an allergy. Consider letting your supervisor and teammates know and keep an epi pen on hand if you are prescribed one.

When to Call 911:

→ Any time you’re bitten by a snake.
→ If you encounter a poisonous plant, insect or other animal and experience a severe reaction like difficulty breathing or swallowing.

Poison control centers are available 24/7 for questions on bites, stings, and more.

Put the national Poison Control number in your cellphone contacts for quick access: 800-222-1222

Source: https://www.safetyandhealthmagazine.com/articles/22739-poisonous-plants-venomous-animals-outdoor-workers
BERNIE SAYS! STAY HYDRATED

HYDRATION DOESN’T COME FROM WATER ALONE!

At least 20 percent of our hydration comes from the food that we eat. Some snacks that can add water to your diet when you need it most.

→ **Watermelon**: 92 percent water. It also contains potassium, an electrolyte that may protect your body from heat-stroke.

→ **Cucumbers**: 95 percent water. They’re also packed with fiber and antioxidants like beta carotene and Vitamins A and K.

→ **Pickle**: Pickles are also mostly water, but the brine they are soaked in adds plenty of vitamins and minerals, including 20 percent of the Vitamin K that our bodies need in just one pickle. Two ounces of pickle juice provides 200 mg of sodium, which refuels the fluids our bodies lose when sweating.

→ **Peaches**: This fruit is filled with potassium, which is lost in sweat and needed for staying hydrated. Their skin is also packed with antioxidants that may help protect our bodies against illnesses.

→ **Peppers**: A pepper is packed with water and Vitamin C. In fact, a red bell pepper has more Vitamin C than an orange!

→ **Celery**: 95 percent water and filled with electrolytes.

Other Hot Weather Snacks:
These snacks will not spoil in the heat.

→ **Trail mix**: The combination of nuts and seeds can provide plenty of healthy fats. Try options that have unsalted nuts and fruits with no added sugar. You should avoid any mixes with chocolate in them as it will melt in the heat.

→ **Beef jerky**: Seek out brands that are lower in sugar and salt, as well as preservative-free, if possible.

→ **Granola**: Look for options that have oats, nuts, and seeds. Seek out options that have less than 5 grams of total sugar per serving.

Cool Down Before Work Starts:

→ **Limit Caffeine**: Caffeine can cause dehydration. Try to avoid excessive intake of these drinks at least until it gets cool, or work moves indoors.

→ **Cut Out the Sugar**: Rehydrating with soft drinks worsens dehydration and may increase kidney injuries.

→ **Keep It Light**: Heavier lunches, such as those that include protein-rich meats, will cause your body to heat up. Try fresh fruit, nuts, and leafy green vegetables that will recharge and refuel electrolytes.

Source: [https://www.medexpress.com/blog/workplace-wellness/beat-the-heat-at-work.html](https://www.medexpress.com/blog/workplace-wellness/beat-the-heat-at-work.html)
OCCUPATIONAL TRAINING

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.

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

FM Job Listings as of 6/29/2022:

- R0035437  Sign Shop Worker
- R0036684  Apprenticeship Instructor
- R0035200  Quality Control Inspector
- R0037659  Pipefitter/Steamfitter
- R0037334  Electrician Senior, Central Grounds
- R0037336  Senior HVAC Mechanic, Central Grounds Zone, Alternating Shift
- R0037534  Project Coordinators
- R0036929  HVAC Assistant
- R0036931  HVAC Mechanic
- R0036990  Boiler Operator
- R0037339  Carpentry Supervisor
- R0037356  HVAC Mechanic or Senior Mechanic
- R0037260  Grounds Maintenance Coordinator
- 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
- R0036800  Zone Maintenance Coordinator
- R0036876  Plumber Steamfitter
- R0034777  HVAC Mechanic/HVAC Senior Assistant
- R0036433  Zone Maintenance Coordinator
- R0035502  Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0033013  Electrical Engineer/Engineering Associate
- R0036421  Senior Electrician
- R0036326  HVAC Supervisor
- R0036375  Occupational Health and Safety Technician or Safety Specialist
- R0036367  Maintenance Inventory Specialist

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

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

- 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
- R0032567  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
- R0035345  Custodial Services Worker for Monday-Friday 7:00am - 3:30pm shift
- R0035104  Electrical Engineering Technician or Associate
- R0031374  HVAC Mechanic
- R0032868  Custodial Services Worker - HSPP 5:00pm-1:30am
- R0027779  Arborist
- R0027977  IT Desk Support (Student Wage)

### 5 Tips for Career Growth and Development

1. **Set goals and create a plan to achieve them.**
   People who are the most successful and satisfied in their careers have proactively determined what they want from work.

2. **Develop a timeline, including milestones.**
   Bringing your boss and their mentoring into the picture will help you to focus and develop your career goals.

3. **Utilize company programs.**
   Some companies have formal programs to help employees develop their careers. Take advantage of programs and education your employer offers.

4. **Own your career path.**
   A career path can be discussed at bi-annual meetings with your boss. You are ultimately responsible for your career path.

5. **Write it down.**
   Without a plan, you can feel rudderless and you have no benchmark against which you can measure your progress.

**Source:**
DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:

→ What is ‘Inclusive Excellence’ and what does it mean for you?

→ ‘Inclusive Excellence’ is a framework that helps organizations identify and implement goals for diversity, equity, and inclusion in the 5 areas shown above. These 5 areas mean—

<table>
<thead>
<tr>
<th>Inclusive Excellence Framework</th>
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<tbody>
<tr>
<td><strong>Infrastructure + Investment</strong></td>
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<td><strong>Access + Success</strong></td>
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<tr>
<td><strong>Climate + Intergroup Relations</strong></td>
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<tr>
<td><strong>Education + Scholarship</strong></td>
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<tr>
<td><strong>Healing + Repair</strong></td>
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<tr>
<td><strong>Community + Partnership</strong></td>
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→ This chart is copied from the final report of the UVA Racial Equity Task Force. Access the report here to read about the overall suggestions for Inclusive Excellence at UVA.

→ Healing + Repair is an area added specifically by the Racial Equity Task force to their framework and report.

→ Our plan at FM outlines action items for each of these 5 areas based on your feedback from the Inclusive Excellence Survey in February 2021. Click here to see the survey results., Click here to see the action plan for each of these 5 areas.

→ Our goal at FM is to have all of these 5 areas active or 'kicked off' by the end of 2022—and we’re on schedule—

→ Access + Success—Active, working on promotion and hiring
→ Climate + Intergroup Relations—Active, working on appreciation
→ Infrastructure + Investment—Active, identifying priorities
→ Education + Scholarship—Kick off in Quarter 3 2022
→ Community + Partnership—Kick off in Quarter 4 2022
DIVERSITY, EQUITY & INCLUSION

→ What can you do and how to be involved—
   → The efforts of the FM Inclusive Excellence team and plan impact us all. Here are some ways to stay informed, up-to-date and share information with team members:
     → Check the OP newsletter weekly for Inclusive Excellence Updates
     → Contact Emily Douglas or an IE team member for updates, information, and to ask specific questions about ways you can be involved based on your interests and passions.
     → Schedule a visit with Emily or IE team member during one of your toolbox talks or weekly team calls.
     → Teams visited to date: Zone Manager meeting, Warehouse Team meeting, Heat Plant, Chiller Plant visit, FM Director meeting

DEI Events & Resources:

→ July 14 is recognized around the world as International Non-Binary People’s Day.
   → The term “non-binary” describes someone who does not identify exclusively as a man or a woman. Non-binary folks may identify as being both a man and a woman or as falling completely outside these categories. Many non-binary people also identify as transgender, though not all do. Learn more here.

→ July 26 is a National Disability Independence Day, a federally recognized day to celebrate the 1990 signing of the Americans with Disabilities Act (ADA).
   → The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990 by President George H.W. Bush. Throughout the year and on the ADA Anniversary (July 26), the ADA National Network recognizes this landmark event and the important work to promote equal opportunity for people with disabilities.
     → Learn more about the UVA Disability Advocacy & Action Committee
     → UVA Accessibility Resources
     → How to request a workplace accommodation
     → How to Report a Barrier at UVA
     → Learn more about the UVA Barrier-Free Access Committee

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!
COVID-19 RESOURCES

Helpful Links
- UVA COVID-19 Updates: [https://coronavirus.virginia.edu/](https://coronavirus.virginia.edu/)
- OHS COVID-19 Resources: [https://www.fm.virginia.edu/depts/ohs/covid-resources.html](https://www.fm.virginia.edu/depts/ohs/covid-resources.html)
- FM COVID-19 Communications: [https://www.fm.virginia.edu/employees/intranet/covid.html](https://www.fm.virginia.edu/employees/intranet/covid.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
  OR

Plan to visit a walk-in clinic: [https://at.virginia.edu/JhDgmD](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

- **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](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 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](https://at.virginia.edu/o7l4kd)
COVID-19 RESOURCES

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/](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.


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](https://www.cdc.gov/mmwr/volumes/71/wr/mm7121e1.htm)
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!

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 FREE at-home tests from https://www.covidtests.gov/

Insurance Reimbursement for At-Home Tests

If you have health insurance through UVA or Marketplace, your insurance will pay you back for 8 at-home tests each month for each person on your plan when purchased through a participating retailer.

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

<table>
<thead>
<tr>
<th>Why are you testing?</th>
<th>Students</th>
<th>Academic Faculty &amp; Staff</th>
<th>UVA Health Team Members</th>
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<tbody>
<tr>
<td>I’m symptomatic.*</td>
<td><strong>SELF-ISOLATE AWAY FROM OTHERS.</strong> Schedule a COVID-19 testing</td>
<td><strong>SELF-ISOLATE AWAY FROM OTHERS.</strong> Contact Employee Health at 434-924-2013 for evaluation</td>
<td><strong>SELF-ISOLATE AWAY FROM OTHERS.</strong> Contact Employee Health at 434-924-2013 for evaluation</td>
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<td>appointment at <strong>Student Health and Wellness</strong> or report a positive test</td>
<td>or schedule a testing appointment online. 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>)</td>
<td>or schedule a testing appointment online. 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>)</td>
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<td>result using the HealthyHoos patient portal at <strong><a href="http://www.healthyhoos.virginia">www.healthyhoos.virginia</a>.</strong></td>
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<tr>
<td>I’m a close contact.**</td>
<td><strong>FOLLOW VDH GUIDANCE.</strong> Schedule a COVID-19 testing appointment at <strong>Student Health and Wellness</strong> or report a positive test result using the HealthyHoos patient portal at <strong><a href="http://www.healthyhoos.virginia">www.healthyhoos.virginia</a>.</strong></td>
<td><strong>FOLLOW VDH GUIDANCE.</strong> 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 <a href="mailto:employeehealth@virginia.edu">employeehealth@virginia.edu</a>)</td>
<td></td>
</tr>
<tr>
<td>I’m unvaccinated and was prevelance testing.</td>
<td>Prevalence testing is no longer required. Please review <strong>VDH guidance</strong> on how to keep yourself and others safe.</td>
<td>Continue prevalence testing at Employee Health.</td>
<td></td>
</tr>
<tr>
<td>I’m testing for travel.</td>
<td>Please review this <strong>SHW travel resource</strong> to prepare for required testing before travel. Testing and vaccination requirements will vary based on airline and destination.</td>
<td></td>
<td>For all other testing (travel, required for conference, etc.) Please visit the BRHD website for alternative testing sites: <strong><a href="http://www.vdh.virginia.gov/blue-ridge/covid-19-brhd-testing-sites">www.vdh.virginia.gov/blue-ridge/covid-19-brhd-testing-sites</a></strong></td>
</tr>
<tr>
<td>I’m testing for an event, before seeing family, or another proactive reason.***</td>
<td>Rapid antigen at-home tests are available for free at the <strong>SHW Pharmacy</strong> and <strong>UVA Bookstore Pharmacy</strong> 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 <strong>insurers are required</strong> to fully cover 8 over-the-counter at-home tests per covered individual per month.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* 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](www.vdh.virginia.gov/coronavirus/protect-yourself/isolation-quarantine)
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.
Reasons to celebrate are all around us!
Here are some upcoming holidays this week, both fun and serious. Click on each to learn more.

July 1: Canada Day
July 2: Comic Sans Day!
July 3: National Eat Beans Day
July 4: Independence Day
July 5: National Hawaii Day
July 6: National Fried Chicken Day
July 7: International Peace & Love Day
July 8: National Love Your Skin Day