

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

Independence Day

07.01.2022

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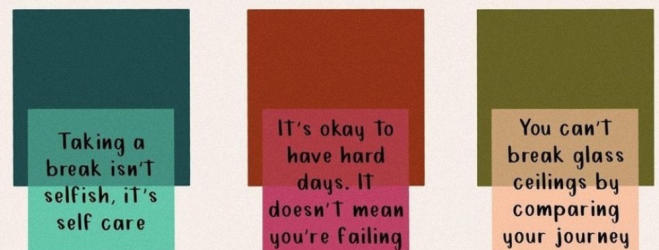
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- What To Do If You're a "Close Contact"

Sticky Note Reminders

@iamhayleykaye



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.



Requesting Your **FEEDBACK**



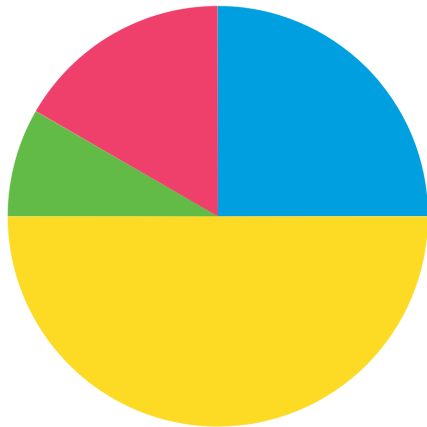
(TAKE THE SURVEY)

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>

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%)



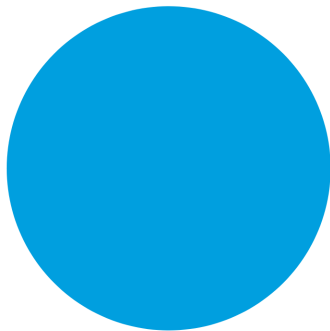
How often do you read the Occupational Programs Weekly Wrap Up?

- 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.

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**

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.

More info: <https://www.fmcsa.dot.gov/safety/commercial-tire-safety-tips>

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

Special thanks to Sonny Beale in UVA FM Recycling for sharing this helpful info!

Source: https://2561773.fs1.hubspotusercontent-na1.net/hubfs/2561773/6.26.2022_Safety%20Matters-1.pdf

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

-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>

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 & **OHS**
Occupational Health and Safety

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



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**.
- **Pickles**: 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>

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
- R0033696 Occupational Programs Coordinator
- 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 >>>

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
- 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
- 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

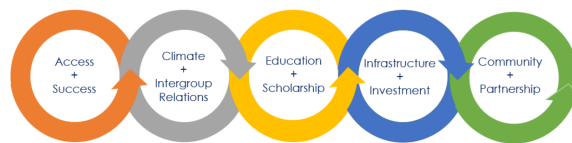
1. **Set goals and create a plan to achieve them.**
People who are the most successful and satisfied in their careers have proactively determined what they want from work.
2. **Develop a timeline, including milestones.**
Bringing your boss and their mentoring into the picture will help you to focus and 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:

<https://www.thebalancecareers.com/improving-career-development-4058289>

DIVERSITY, EQUITY & INCLUSION

Dimensions of the IE Framework



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—

Inclusive Excellence Framework

Infrastructure + Investment	Policies, resources, and organizational and communication structures that inform and enable a diverse, inclusive, and equitable organization.
Access + Success	Processes like recruitment, retention, development, student support and their impact on compositional diversity and context-specific outcomes or benefits.
Climate + Intergroup Relations	The experience of safety, accessibility, welcome, and belonging for a diverse population that is due to intergroup dynamics, policies and processes, and the impact of the built environment.
Education + Scholarship	Curriculum, teaching, research, scholarship, and employee and student development.
Healing + Repair	Reckoning with past harms against individuals and groups due to slavery, indigenous dispossession, eugenics, and other racist practices.
Community + Partnership	Engagement modalities with surrounding neighborhoods and the Commonwealth and their impact on financial and social-well-being.

→ 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/>
- 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

- **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 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/o714kd>

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.

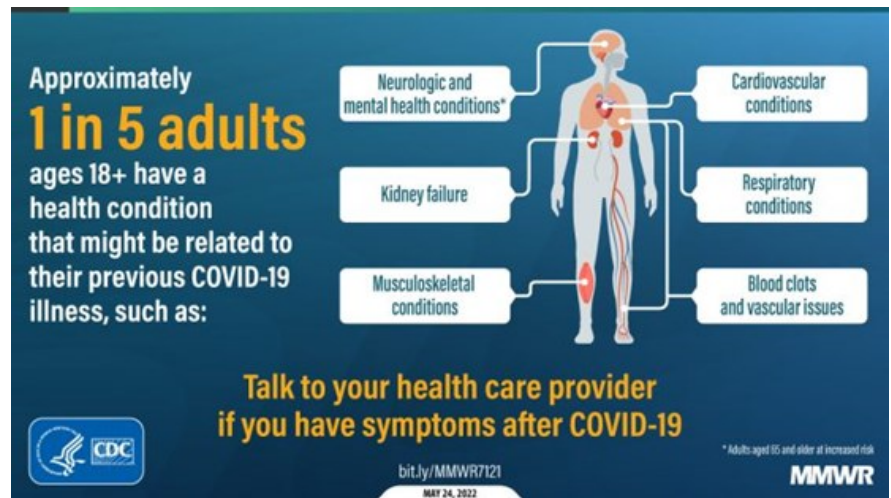
Key info to know:

- Find where they are being given: <https://www.vaccines.gov/search/> 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** 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

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 **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.



COVID-19 TESTING

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.

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