

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

07.08.2022

In this issue:

Click the item title to go to the corresponding page. *Downloading this document may be necessary.*

OCCUPATIONAL TRAINING

- Leadership Connection: Putting people first
- View & Apply for FM Jobs
- HOW TO: Download your learning transcripts from Workday

DIVERSITY, EQUITY & INCLUSION

- Inclusive Excellence Update: See What's New & Meet the Team(s)
- Employee Resource Groups
- DEI Events & Resources

OCCUPATIONAL HEALTH & SAFETY

- Bernie Says! Remember these OHS Training Reminders
- Safety Shoe Updates & Reminders
- Did You Know? FM Provides Prescription Safety Glasses

APPRENTICESHIP

- Hiring & Interview Updates

Requesting Your 
FEEDBACK



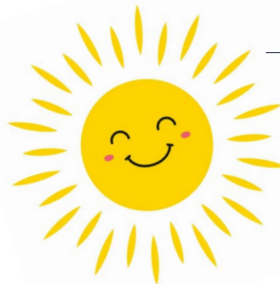
See a sneak peek of the survey findings & make your voice heard!

COVID-19 & VACCINE RESOURCES

- Helpful Links
- Reminders: Long COVID & free at-home tests
- What to do: Positive At-Home Test
- The Latest on COVID-19 Vaccines
- Antiviral FAQs
- UVA COVID-19 Testing Guidelines
- What To Do If You're a "Close Contact"



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



***It's time for a
summer break!***

The Occupational Programs Weekly Wrap Up is taking a brief hiatus the week of July 11.

See you again on July 22!



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

Leadership Connection: Putting people first

“Engaged leaders create engaged employees.” I have used this phrase often in my career training emerging leaders. I use it often because I believe it’s true.

Being an engaged leader means connecting with your team, understanding their needs and challenges, and putting your people first. Author Steve Arizpe shares, “Putting people first is a key ingredient for all successful endeavors and one in which leaders should embrace to make a difference for their companies, as well as their employees”.

Leaders can have a truly lasting impact on their teams by taking the time to connect, listen, and care.



Contact:

Mark Orr

Senior Training &
Development Specialist

pne4yf@virginia.edu

P 434-962-1020

Read the full article, [3 Principles of People-First Leadership](https://www.entrepreneur.com/article/427935):

<https://www.entrepreneur.com/article/427935>

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 7/6/2022:

- R0035200 Quality Control Inspector
- R0030474 Custodial Services Workers for Monday-Friday 4:00pm - 12:30am shift
- R0035437 Sign Shop Worker
- 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

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

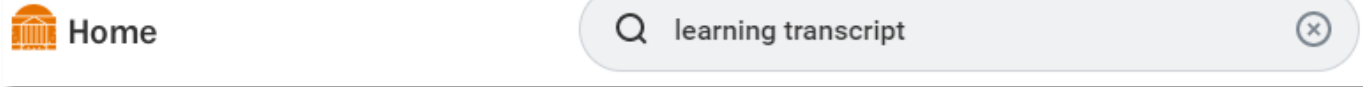
UVA FM Job Postings, Continued from previous page

- 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
- 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
- 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)

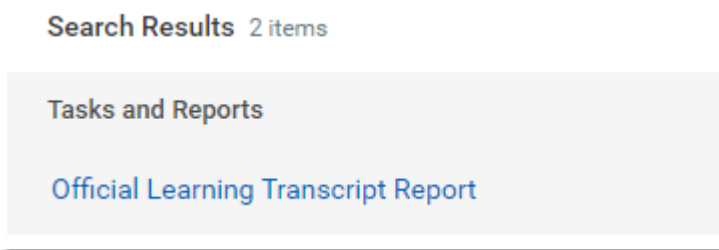
OCCUPATIONAL TRAINING

HOW TO: Download your learning transcripts from Workday

1. Log in to UVA Workday: <https://www.myworkday.com/uva/d/home.html>
2. Type “Learning Transcript” in the Workday search bar and hit “Enter”



3. Select “Official Learning Transcript Report”



4. Type your computing ID in the Worker field and hit enter. Confirm the correct name loaded.
5. Click **OK** and your Official Learning Transcript Report will Load.

Official Learning Transcript Report

Instructions Select on or more of the prompts listed below and select the criterion you would like to display in your results. The report will be generated based on the prompt data you have selected. You may further filter and sort data once it has displayed.

For example, you may filter on Enrolled Content here in the prompts and once the report runs, use the filter in the "Completed Date" field to further filter between certain dates.

Worker *

Course Title

Learning Unit Type

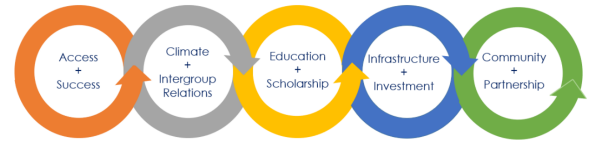
From

To

Manage Filters
0 Saved Filters

Is your record incomplete? Email FM-training@virginia.edu to address the issue.

DIVERSITY, EQUITY & INCLUSION



Inclusive Excellence Update:

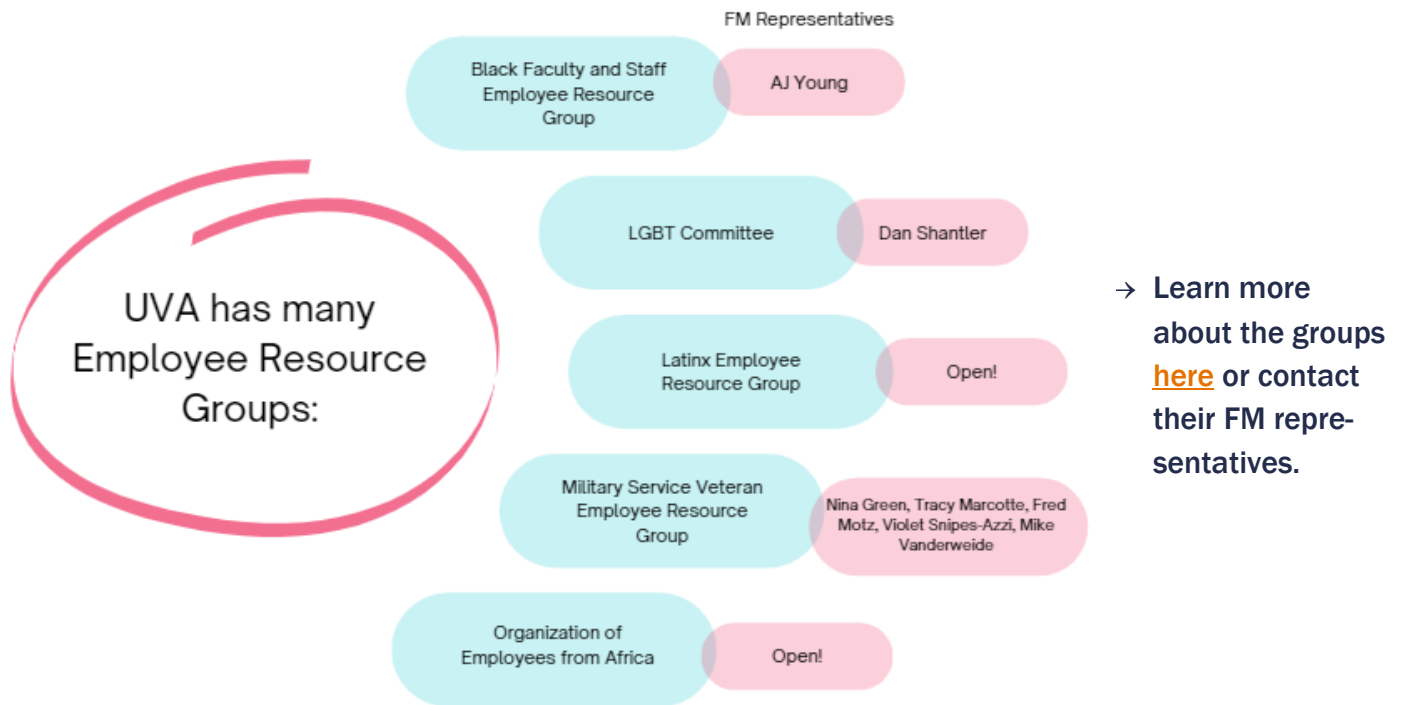
- **Access + Success Team** is meeting with FM HR Business Partners and representatives from the Senior Vice President of Operations (SVPO) IE teams next week (7/12) to discuss steps for building a 'Promotion Toolkit' for FM and the SVPO area.
- **Climate + Intergroup Relations Team** began meeting with a 'FM Event Team' this week to start planning a fall FM Appreciation event—stay tuned for details!
- **Infrastructure + Investment Team** is meeting next week (7/13) with Rachel Parsley from UVA Onboarding and Julie Thomas from FM Occupational Training to learn more about the onboarding process to assist with consistency, equity, and inclusion in the processes.
- **Not sure who to ask about Inclusive Excellence?** Ask any of the IE Planning Team Members—
 - Operations Reps: Dan Shantler, Lester Jackson, Dana Schroeder, Marcus Klaton, Vibha Buckingham, Terry Maynard, Kevin Beal
 - HSPR Reps: Nina Green and Bernard Curry
 - CC&R Reps: Chris Hoy and Shawn Anderson
 - Programs and Informatics Rep: Dennis Bianchetto
 - OUBO Rep: Rachele Hermes or Ruta Vasiukevicius
 - Finance Rep: Sonya Swiderski
 - Technology and Innovation Rep: Avery Wagner
 - Apprenticeship Rep: Ryan McCarthy
 - Co-Chairs: Corey Hoffman and Emily Douglas
- **Some ideas:** Ask a rep to your staff meeting or toolbox talk to provide an update, set-up ways to get feedback to your rep from your teams to enhance the IE work, check back here weekly for IE updates and...let us know what helps—FM-DEI@virginia.edu



Employee Resource Groups:

- **What are 'Employee Resource Groups'** and why should they matter to you?
 1. A great way to celebrate common interests, concerns and/or identities
 2. A great way to act as an ally to a group or cause
 3. An uplifting way to show support, give of your time, and meet new people/network

DIVERSITY, EQUITY & INCLUSION



DEI Events & Resources:

→ **A lot is going on right now.** Sometimes it's hard to figure out how to broach a subject or topic of conversation with friends, co-workers and family members. Kwame



Life Kit TOOLS TO HELP YOU GET IT TOGETHER

Christian, director of the American Negotiation Institute shares a three-step technique to “engage in tough discussions while keeping the conversation cool” -

1. Acknowledge and validate the emotion. Recognize how everybody is feeling about the situation, even if it's difficult.
2. Get curious with compassion. Ask lots of questions and genuinely listen to the answers.
3. Engage in joint problem-solving. Once both parties have acknowledged how they're feeling and identified why there's an issue, come up with solutions together – so that there is buy-in from both sides.

→ [Check out more here](#) and you can also listen in (19 minutes) on your commute.

→ **You can always reach out to FEAP** (Faculty & Employee Assistance Program) for someone to talk to, assistance with resources, and to help get you what you need—call (434) 243-2643 or make an appointment [online](#).

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!

BERNIE SAYS! REMEMBER THESE OHS TRAINING REMINDERS

EMPLOYEES

- Try to arrive 5 minutes early to class.
- Late arrivals will be turned away.
- Come prepared with needed PPE, equipment, etc.
- Bring any snacks, drinks, and food you may need during your training.
- Sign-in and sign-out to receive credit for attending,
- Dress appropriately for outdoor sessions (warm clothes, breathable clothes, sunscreen, hydration).
- You will receive a calendar invitation for your assigned class. You must respond with your availability within 3 business days.
- Work with others in your group to arrange for transportation, if needed.



SUPERVISORS

- Be familiar with the [Safety Training Tableau](#) and look for your shop's and team's training records: Does everyone have what they need? Is everyone up to date?
- Look for email notifications with training assignments for your employees. Supervisors are always copied. Be on the lookout for training assignments in Workday Learning.
- Know what training is required for your employee's job responsibilities and know OHS is able to provide training at any time. Email FM-OHS@virginia.edu to request training.
- Know that OHS is available to review and assess your training needs, answer questions, and provide guidance. Email FM-OHS@virginia.edu with any questions or requests.
- Supervisors are responsible for their team's training responsibilities and commitment to training assignments. Please allow your employees time to complete the trainings at work.
- Supervisors should be familiar with [Zoom](#) and [Workday Learning](#) access and should assist employees who may not be familiar with the technology, access, and navigation on these platforms.
- Supervisors should always provide access and adequate time, space, and equipment so employees are able to participate in their assigned training sessions.
- Make sure you or your employees are communicating their attendance well ahead of an in-person class by responding to the calendar invite; and make sure employees are attending their assigned sessions.
- Make sure your team is completing digital assignments in Workday by the deadline noted.

Learn more about OHS training: <https://www.fm.virginia.edu/depts/ohs/training.html>

OCCUPATIONAL HEALTH & SAFETY

SAFETY SHOE UPDATES & REMINDERS



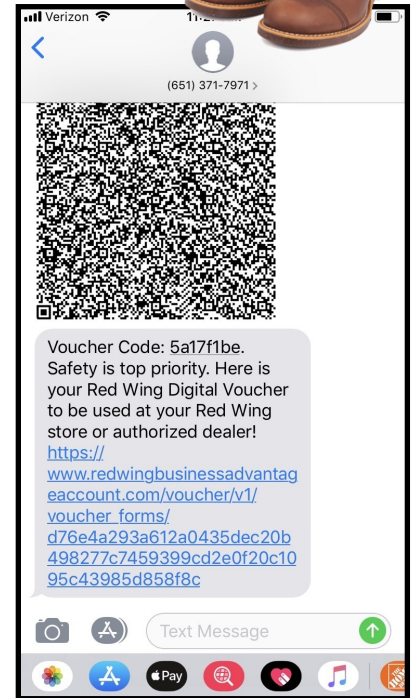
In order to coincide with New Employee Safety Training and FM Onboarding, the next shoe truck will be on Grounds on **Tuesday, July 19**. It will be behind Skipwith Hall from 7:00 AM to Noon and at the HSPP Multistory Loading Dock from 1:00 PM to 3:00 PM.

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>



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, cost center, 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.





Requesting Your **FEEDBACK**



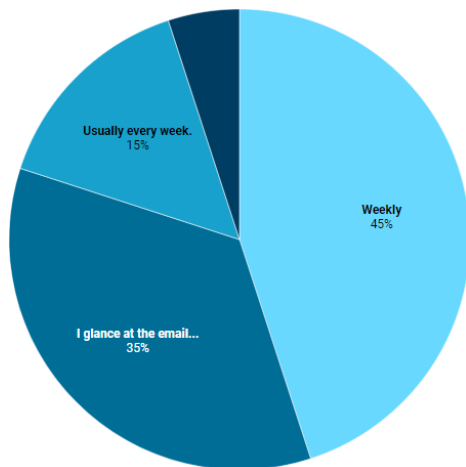
(TAKE THE SURVEY)

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> until August 1.

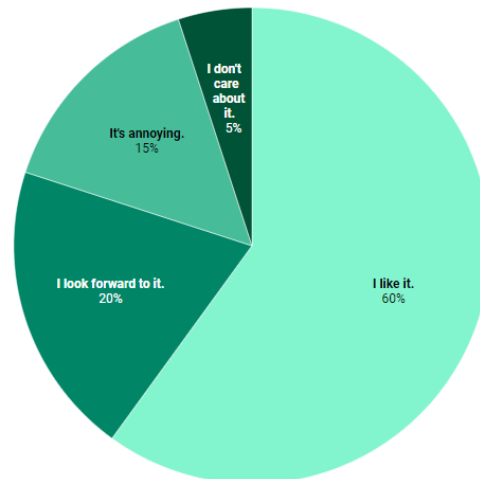
How often do you read the Occupational Programs Weekly Wrap Up?

Weekly I glance at the email... Usually every week. Other/I like to scroll to the end to see what weird holidays we're having.



How Satisfied are you with Occupational Programs Weekly Wrap Up?

I like it. I look forward to it. It's annoying. I don't care about it.



THE MOST HELPFUL NEWSLETTER ITEMS:

(So far)

- Professional Development Opportunities
- Job Listings
- IE Plan Updates
- Employee Resource Groups
- Safety Champion
- DEI training & resources
- OHS Reminders

TAKE THE SURVEY

UPDATE: APPLICATION & RECRUITMENT PROCESS

In-person interviews have been completed and final reviews of applicants are happening now. If you haven't heard from your application, you can email Michele Jarman with UVA HR to check its status: emj2us@virginia.edu

Onboarding will be scheduled for the first two weeks of August.



COVID-19 RESOURCES

Helpful Links

- Community COVID-19 Guidance & Resources: [COVID.gov](https://www.covid.gov)
- 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>

Reminders:

- **Long COVID:** If you tested positive and recovered, but have been experiencing new or recurring symptoms for more than a couple weeks since your initial COVID-19 infection, talk to your doctor. This is a sign of “[long COVID](#)”. This occurs in about 1 in 5 COVID-19 cases.
- **FREE 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.

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.



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>. Make your appointment by contacting your doctor or visiting [Covid.gov](#)
- 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

Antivirals: FAQs

→ How do antivirals work?

Prescription antivirals help your body fight off disease caused by a virus. They target specific parts of the virus' replication process to prevent it from multiplying, lowering the amount of virus in your body and helping to prevent severe illness and/or death. Antiviral medicines are often used to combat other viruses we encounter, including the flu. **There are two antiviral therapies with FDA EUA approval available in the Blue Ridge Health District, Paxlovid and Molnupiravir (LAGEVRIO).**

→ Who should consider taking at-home antivirals if they have a confirmed case of COVID-19?

Most people can recover from COVID-19 using over-the-counter medications. Some people face a higher risk of severe illness from a COVID-19 infection and should consider looking for antiviral medication if they test positive. Those facing an increased risk include:

- **Those older than 65.**
- **Persons of any age with underlying health conditions.**
- **Immunocompromised individuals.**
- **People living in congregate settings.**

→ Are there any side effects or risks to taking antiviral medication?

Potential side effects after taking Paxlovid include an allergic reaction, an altered sense of taste, diarrhea, high blood pressure, and muscle aches. Molnupiravir (LAGEVRIO) is not recommended for use during pregnancy and can cause harm to an unborn baby. **The most common side effects are diarrhea, nausea, and dizziness.**

→ Why is it important to get vaccinated and not rely solely on therapeutic treatments?

Antiviral treatments are meant to help your immune system fight the COVID-19 virus and prevent severe illness. They are a short-term solution meant to counteract an acute infection, and do not provide any long-term protection. **COVID-19 vaccines supply the immune system with a blueprint for antibodies against the SARS-COV-2 virus and trigger antibody production, providing you with protection without you ever having the virus.** Protection from a COVID-19 vaccine series lasts around 4-6 months, with further protection available through booster doses.

Contact your doctor, [UVA Employee Health](#), or visit a test-to-treat site (<https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>)

if you test positive and would like to discuss antivirals to speed your recovery.

Source: https://myemail.constantcontact.com/BRHD-Newsletter-7-1-2022.html?soid=1134059434350&aid=fQce9KX5_HQ





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 or report a positive test result using the HealthyHoos patient portal at www.healthyhoos.virginia.edu.</p> | <p>SELF-ISOLATE AWAY FROM OTHERS.</p> <p>Contact Employee Health at 434-924-2013 for evaluation or <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 or report a positive test result using the HealthyHoos patient portal at www.healthyhoos.virginia.edu.</p> | <p> FOLLOW VDH GUIDANCE.</p> <p>Contact Employee Health at 434-924-2013 for evaluation or <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 VDH guidance on how to keep yourself and others safe.</p> | | <p>Continue prevalence testing at Employee Health.</p> |
| I'm testing for travel. | <p>Please review this SHW travel resource to prepare for required testing before travel. Testing and vaccination requirements will vary based on airline and destination.</p> | | |
| I'm testing for an event, before seeing family, or another proactive reason.*** | <p>Rapid antigen at-home tests are available for free at the SHW Pharmacy and UVA Bookstore Pharmacy through the end of the spring semester, while supplies last. Let's Get Checked kits can also be <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 8: National Blueberry Day

July 9: Day of Arafa

Islamic holiday

July 10: Barn Day

July 11: All American Pet Photo Day

July 12: Cow Appreciation Day

July 13: Esala Full Moon Poya

Buddhist holiday

July 14: National Tape Measure Day

**July 15: National Give Something
Away Day**