

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

07.17.2020

Working In Hot Weather: Remember to Hydrate!

A Small Detail That Can Make a Big Difference: Don't wait until you're thirsty. Your body is sweating out fluid, and you must keep replacing it.

Heat, whether you work inside or outside, can be a health hazard. If you don't know when enough becomes too much, you can suffer from some form of heat stress, which can be a momentary problem or something more serious – and it can strike you down at work or play.

Heat exhaustion is a risk if you're physically active when it's hot. You'll probably get dizzy and sweaty, but it's not likely to be life threatening.

Heat stroke is much more serious. It is also a hazard when you're physically active in hot conditions. But heat stroke can send your body temperature so high that you become unconscious. It can also put strain on your heart and blood vessels, increasing the risk for heart failure or stroke.

To reduce these health hazards, you should:

- **Dress for the conditions.** Wear lightweight, light-colored, loose clothing and a wide-brimmed hat. Cover as much of your body as possible. Apply sunscreen to exposed body parts.
- **Drink plenty of fluids.** Don't wait until you're thirsty. Your body is sweating out fluid and you have to keep replacing it. Water is the best thing to drink. Avoid anything with caffeine or alcohol.
- **Carry an extra face cover** to replace one that may become soaked with sweat
- **Find a shaded place to rest** – Under a canopy if possible or trees
- **Be aware that water, concrete, and sand reflect the sun and intensify heat.**
- **Eat a regular, well-balanced diet.** Try to stay away from hot or heavy foods.



New Normal? Same Hazards

A reminder that jobsites can still be dangerous! Be aware and protect yourself & coworkers.

You MUST wear hearing protection when:

- You see **warning signs** about wearing hearing protection.
- You need to **raise your voice** from ~3 feet/an arm's length away from your coworker to be heard.
- Your **NIOSH Sound Level Meter App** shows the noise level at or above **85 dBA**. [Download now.](#)



COVID Fatigue: Developing Coping Skills

Shortened from UC Davis Health: <https://bit.ly/32jWJ6s>



One reason for the recent uptick in COVID-19 cases in the area can be attributed to “COVID Fatigue”: We are tired of being careful, worrying, and staying home. The “It won’t happen to me” and/or “I’m not afraid” mentalities are taking hold and putting our communities at risk.

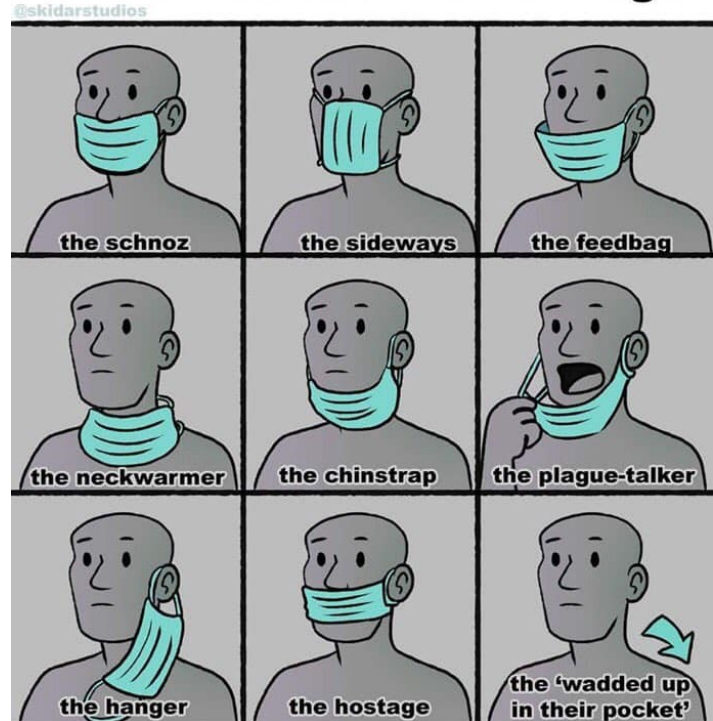
Abnormal is the new normal—Intense and prolonged stresses as a result of the COVID-19 pandemic are affecting everyone’s mental wellbeing and physical health. Coping skills can and should be developed to minimize the lasting damage from stress.

Coping practices to try:

- **Exercise:** It releases endorphins and gets some of the adrenaline out when the frustration builds up. Getting out and moving can be really helpful for people.
- **Talking:** Say things out loud. Name what you are feeling.
- **Constructive thinking:** Adjust your thinking. Be compassionate with yourself and others. Remind yourself, “We are all doing the best we can.”
- **Mindfulness and gratitude:** “We put ourselves through a lot of unnecessary misery projecting into the future or ruminating about the past. For now, just take life day by day.”

“If you want to go out, visit family, get back to work, eat out or travel again, there is only one thing you can do: Follow the health guidelines—Wear a mask, social distance, keep your social interactions outside, wash your hands and do everything else to stay safe. That’s how you take control.”

Ineffective Face Mask Bingo



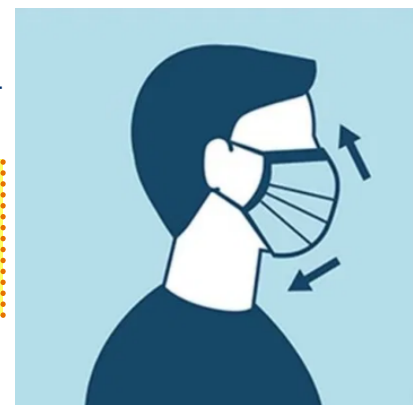
UPDATED: FM’s On-Grounds Work Guidelines

As of July 9, 2020 FM’s [On-Grounds Work Guidelines](#) have been updated to reflect UVA’s Grounds-wide [Face Covering Policy](#). In short:

“Face coverings must be worn by all faculty, staff, and students while inside a University facility or otherwise inside a building on University Grounds or on any University property when in the presence of others.”

”In addition, review the updated [FM Vehicle Use Guidelines](#) on page 5 regarding passengers in FM vehicles.

[View the updated Guidelines document here.](#)



Face covers must cover your nose & mouth.

Virginia becomes first state to adopt COVID-19 worker safety rules

From the *Richmond Times-Dispatch*: <https://bit.ly/2WuqDkS>

The state's Safety and Health Codes Board voted 9-2 on Wednesday to adopt what are called “**emergency temporary standards**”, which were developed over several weeks by Virginia's Department of Labor and Industry. The rules are expected to take effect within weeks and are designed to **help prevent COVID-19 infections in Virginia workplaces** in the absence of federal government mandates.

The regulations will require businesses to implement various safety measures and set requirements for social distancing in workplaces and face coverings for employees who have contact with the public. It will also require access to hand sanitizer and hand washing along with frequent cleaning of high-contact surfaces.

Virginia's rules will go into effect after being published in a newspaper in Richmond, which state officials said they plan to do the week of July 27. The rules will last for at least six months.

Prepare to see updated training and sanitation requirements in the coming weeks!

UVA announces details of plan for a safer return to Grounds for students

From UVA Today: <https://at.virginia.edu/2WHXpz9>

The University of Virginia announced on July 16 plans for the safe return of students, faculty and staff to Grounds and for the safe operation of the fall academic semester – including mandatory virus testing for students.

The plan details requirements for students prior to returning and sets expectations for behaviors that minimize the risk of infection or spread of COVID-19 for all members of the University community. It includes:

- Student Testing and Quarantine
- Mandatory Virus Testing for Returning Students
- Other Ongoing Health and Safety Measures

[The complete story can be read here.](#)

Quarantine versus Self Isolation—If you are told to:

- **Self-quarantine:** Stay home and avoid contact with others. Do not go to work or school. Do not take public transportation such as buses, trains, taxis, or ride-shares, if possible. Self-quarantine separates someone who might have been exposed to the virus away from others.
- **Self-isolate:** Separate yourself from people who are not infected. Stay in a separate room, use separate bathrooms, if possible and avoid contact with other members of the household. Don't share personal items, like cups, towels, and utensils. Wear a face covering when around people and monitor your symptoms.

Fifeville

NEIGHBORHOOD COMMUNITY OUTREACH AND COVID-19 TESTING EVENT

PRE-REGISTRATION STRONGLY ENCOURAGED. DRIVE-THROUGH OR WALK-UP TESTING ALSO AVAILABLE. JOIN US FOR HELPFUL INFORMATION, FOOD AND OTHER GIVEAWAYS. LIMITED NUMBER OF TESTS AVAILABLE.

WHEN:

Saturday, July 18, 2-5 pm

WHO:

Fifeville Neighborhood Community Members

WHERE:

Buford Middle School
1000 Cherry Avenue
Charlottesville, VA 22903

To schedule an appointment, call **434.972.6261** July 14-17 (Tuesday- Thursday 8 a.m. to 4:30 p.m., Friday 8 a.m. to 2 p.m.).

For a complete list of testing events in area, please visit tjhd.org.

DO YOU OR A MEMBER OF YOUR HOUSEHOLD HAVE ONE OF THESE SYMPTOMS?

- Fever
- Cough
- Shortness of Breath
- Tired & Not Feeling Well
- Body Aches
- Headache
- Runny Nose
- Sore Throat
- Loss of Smell and Taste

ARE YOU?

- A healthcare worker, first responder or essential worker at high risk for exposure to COVID-19
- Living or working in a group setting
- Living with or in close contact with someone with COVID-19



PRACTICE PHYSICAL DISTANCING.

6-FEET SEPARATION REQUIRED.

This event was developed in partnership with many community organizations, including but not limited to:

100 Black Women, Abundant Life Ministries, Cultivate Charlottesville, Fifeville Neighborhood, Loaves & Fishes Food Pantry, Thomas Jefferson Health District, UVA Health



IMPORTANT OHS LINKS:

- **OHS Homepage:** <https://www.fm.virginia.edu/depts/ohs/index.html>
- **COVID-19 Resources:** <https://at.virginia.edu/2YiaRLm>
- **NOMINATE a Safety Champion:** <http://bit.ly/SafetyChamps> (at top)
- **NEAR MISS FORM:** For incidents or near-incidents that did not result in injury/first aid: <http://bit.ly/FMNearMiss>
- **INCIDENT REPORTING FORM:** For incidents resulting in an injury/first aid: <http://bit.ly/FMAccidentRpt>

CONTACT US



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**Bobby is on
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The OHS main number (434-297-6379) and email (FM-OHS@virginia.edu) are active and will be answered during business hours. *If there is no answer when you call, leave a message and your call will be returned promptly.*

SAFER AT HOME: Considerations to help determine if an errand is essential

- **Is COVID-19 spreading in my community?** The [Virginia Department of Health keeps detailed data on cases](#) & updates this daily.
- **What are the local orders in my community?** Review updates from your [local health department](#) to better understand the situation in your community and what local orders are in place.
- **Will I be in close contact with others?** Practice [physical distancing](#). COVID-19 spreads mainly among people who are in close contact with others.
 - It's important that you and the people around you wear a cloth face covering when around people not living in your household and particularly when it's difficult to stay 6 feet away from others consistently.
 - Look for and use physical barriers, like plexiglass screens or modified layouts, that help you keep your distance from others.
 - Use visual reminders—like signs, chair arrangements, markings on the floor, or arrows—to help remind you to keep your distance from others.
- **Am I at risk for severe illness?/Do I live with someone who is at risk for severe illness?** Older adults and people who have serious underlying medical conditions are at higher risk for severe illness from COVID-19. The risk for severe illness may be lower for others, but everyone faces some risk. If you live with older adults or someone with certain underlying medical conditions, then you should take extra precautions.
- **Do I practice everyday preventive actions?** Monitor yourself for symptoms, do not touch your face with unwashed hands, wash your hands often, physically distance, disinfect surfaces, wear cloth face covers, and stay home if you are sick.
- **Will I have to share any items, equipment, or tools with other people?** Be sure items that are shared are thoroughly cleaned and disinfected between uses. If you need guidance with disinfecting, contact your supervisor.
- **Do I know what to do if I get sick?** Know the [steps to help prevent the spread of COVID-19 if you are sick](#). Know [UVA HR's resources related to COVID-19](#).



Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html>

COVID-19 ISOLATION **AND** QUARANTINE

More Questions? Check out: www.vdh.virginia.gov/coronavirus/

What's the Difference?

Isolation

The separation of people **with COVID-19** from others.

People in isolation need to stay home and separate themselves from others in the home as much as possible.



Quarantine

The separation of people who were **in close contact**¹ with a person with COVID-19 from others.

People in quarantine should stay home as much as possible, limit their contact with other people, and monitor their health closely in case they become ill.



When is it safe to resume normal activities?

I was sick with COVID-19

It is safe to discontinue home isolation when:
You haven't had a fever for at least **3 days**,
other signs of illness are improving,

AND

At least **10 days** have passed since your symptoms first appeared

I was diagnosed with COVID-19, but never became sick

It is safe to discontinue home isolation when:
At least **10 days** have passed since your positive diagnostic test

The person I was in contact with lives outside my home

It is safe to discontinue quarantine when:
At least **14 days** have passed since your last contact with the person with COVID-19

AND

You remain healthy

The person I was in contact with lives with me

If you are able to separate completely² from the person with COVID-19, it is safe to discontinue quarantine when:

At least **14 days** have passed since your last contact with the person with COVID-19 **AND** you remain healthy

If you are unable to separate completely², it is safe to discontinue quarantine when at least **14 days** have passed since the person with COVID-19 was allowed to end home isolation **AND** you remain healthy.

1. Close contact means being within 6 feet for 15 minutes or more
2. Separate completely means no contact, no time together in the same room, and no sharing of any spaces (including a bedroom and bathroom)

STOP THE SPREAD

PROBABILITY OF INFECTION:

This illustration shows how face coverings & physical distancing can work to stop the spread of COVID-19. Coupled with frequent handwashing & physical distancing, you are able to protect you and your loved ones.

FACE COVERS ARE REQUIRED INDOORS & AT ALL FM AREAS & JOBSITES WHERE PHYSICAL DISTANCING CANNOT BE OBSERVED.

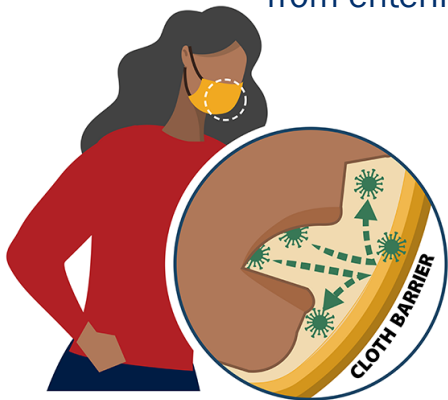
This includes passengers inside Kubotas & vehicles.

The best way to protect yourself and others is to physical distance (keep 6 feet between you and others), frequent handwashing, and wearing your face cover.

WEAR YOUR FACE COVER TO PROTECT THOSE AROUND YOU.

Wearing your face cover is an act of respect for those you meet every day. It stops small droplets of saliva created when you laugh, speak, and cough or sneeze from entering the air and potentially infecting another person nearby.

Face shields are not an alternative to face covers. However, they can be used in addition to a face cover. Face shields do not stop your droplets of saliva from entering the air.

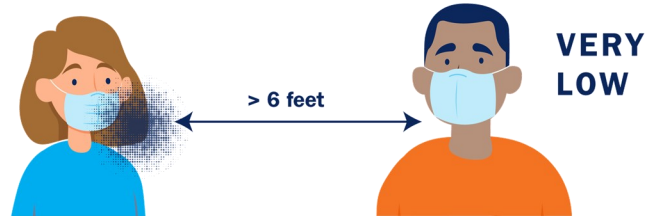


If you can see other people and are not separated by a door or wall, it is a *best practice* to wear a face covering.

How a face cover works

What to Know About COVID-19 Testing:

- **Antibody testing** is a blood test that checks to see if you have previously been exposed or infected, to be tested at least 2 weeks after exposure. Contact your primary care doctor for this.
- **COVID testing** is a nasal and/or throat swab to see if you are currently infected. This test can be done at any time to see if you are currently infected or experiencing symptoms. **UVA Employee Health** has the capacity to test UVA employees if you are having symptoms. ***If you are experiencing symptoms, stay home, notify your supervisor, & call your doctor.***



COMMUNITY RESOURCE FAIR

Focusing on Communities of Color

COVID-19 Drive-Through or Walk-Up Testing Available

Giveaways:

- Face Masks
- Hand Sanitizer
- COVID-19 Children's Book
- Jefferson School African American Heritage Center Memberships
- Chance to Win Grocery Gift Card (limited number available)
- Chance to Win Gas Gift Card (limited number available)
- Food
- Fresh Produce

Other Resources:

- Mental Health
- Medicaid Expansion Information
- Voter Registration

Music Provided by D.J. Cle Logan

When:

Thursday, July 2, 9, 16 & 23
5:00 p.m. – 7:00 p.m.

Where:

Booker T. Washington Park
Preston Avenue
Charlottesville, VA

Face Masks Required

(If you don't have one, we will give you one)

Six-Foot Physical Distancing Required

Limited Number of Tests Available
Preregistration is Not Required

For information about this event, call Jackie Martin at **434-409-4313**

For more information about COVID-19 testing and resources, call the Thomas Jefferson Health District at **434-972-6261** Monday-Friday, 8:00am-4:30pm, or visit **tjhd.org**

These testing and COVID-19 resource events are held in partnership with many community organizations, including but not limited to:

