

# Special Edition

## The Health & Safety Minute

A weekly update  
for FM employees

UVA Facilities Management—Occupational Programs

07.24.2020

### Importance of Reporting Near Misses

A Near Miss today may be an injury tomorrow.

Please take the time to report Near Misses

(Near Accidents) to FM-OHS at [FM-OHS@virignia.edu](mailto:FM-OHS@virignia.edu).

The [Near Miss Reporting form](#) is also available for anonymous reports.

*It's important to remember that hazards haven't gone away because of COVID-19!*

### New! Travel During COVID-19 Guidelines

UVA FM has posted travel guidance for employees. Currently, UVA FM promotes the guidance distributed by Centers for Disease Control (CDC) and Virginia Department of Health (VDH) that discourages individuals from engaging in non-essential travel during the COVID-19 pandemic .

Also linked in this document are resources to review conditions around the country to help you make you plans.

See the Guidelines: <https://at.virginia.edu/3g1tZ6l>

### 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.*



### New Normal— Same Hazards

With new rules to remember, a refresher on driver responsibilities is in order:

- **Avoid distracted driving!** Scan the area for pedestrian traffic.
- **Never use your cell phone while driving.** If you have to use the cell phone, safely pull the vehicle or Kubota over and place it in park. Then use the phone.
- **Always wear your seatbelt.**
- **Never leave your vehicle unattended while it is running.**
- **Lock your vehicle** when you exit it.

### COVID-19 FAQs for FM Employees

There are so many questions about our “new normal”. OHS has collected the ones we are asked most frequently and posted them [here](#):

<https://bit.ly/FM-C-19FAQs>

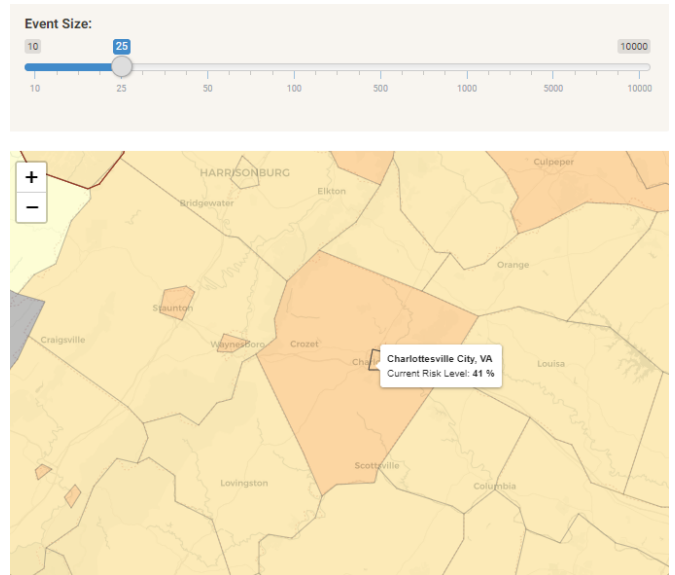
If you have a question that is not answered, please email us at [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)

## Assessing Risk of COVID-19

Georgia Tech, using the data from the [COVID Tracking Project](#), has created the [COVID-19 Event Risk Assessment Planning Tool](#). You can choose an event size and then use the map to choose a city/county you would like to zoom in on.

**Ex:** If you attend an event with only **25 people**, your risk is **41% in Charlottesville & Waynesboro** and 23% in surrounding counties. That's nearly a **50/50 chance in the city** and a **1 in 4 chance in the counties!**

Try it here: <https://b.gatech.edu/3hvzHOW>



## OHS TRAINING UPDATE

To help stop the spread of COVID-19 via physical distancing, OHS is exploring new options to deliver safety training, as in-person sessions and gatherings are discouraged. **OHS is working with Occupational Training to move select training classes to virtual & online sessions** using platforms like Zoom & learning modules through [Workday](#) and streamline the record-keeping process.

**Bloodborne Pathogens & Bloodborne Pathogens Refresher** courses are already being conducted through Zoom with success. Hearing Conservation, Respiratory Protection, Electrical Safety, First Aid/CPR/AED, LOTO, Powered Air Purifying Respirator (PAPR), & Filtering Facepiece Respirator sessions are coming soon (and more classes will continue to be added).

FM Safety Committees are also meeting via Zoom-style meetings.

### What do you need to do?

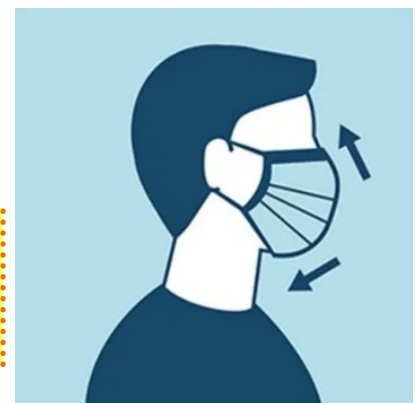
**Supervisors** will need to **become familiar with the virtual process** and **assist employees** who may not be familiar with computers, logging-in, Zoom, or access to Workday. Supervisors are also **responsible for providing access to employees** who may not have an individual device (IE, using a shop computer). Supervisors should **be aware of their employees' enrollment** and provide adequate time and space to participate in the training session. **Employees should communicate** with their supervisors any concerns and supervisors should be supportive in finding solutions.

**Thank you to everyone that has taken part in our new online formats!**

## UPDATED: FM's On-Grounds Work Guidelines

FM's [On-Grounds Work Guidelines](#) have been updated to reflect UVA's Grounds-wide [Face Covering Policy](#):

**"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."**



**Face covers must cover your nose & mouth.**

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

## 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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The OHS main number (434-297-6379) and email ([FM-OHS@virginia.edu](mailto: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/](http://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**<sup>1</sup> 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 completely<sup>2</sup> 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 completely<sup>2</sup>, 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.

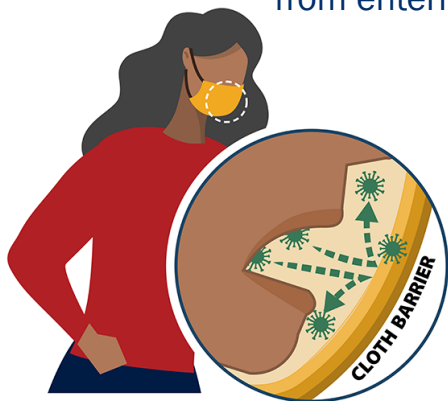
*This includes passengers inside Kubotas & vehicles: FM employees and their managers must make every effort to avoid having passengers in any FM vehicle. No more than one passenger is allowed in any FM vehicle, regardless of circumstances. Whenever a passenger is in a FM vehicle, both the driver and passenger must wear face covers & windows must be opened a minimum of 3”.*

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

