

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

08.14.2020

SAFE+SOUND WEEK 2020

Safe + Sound Week is a nationwide event held every August to recognize the successes of workplace health and safety programs and offer information and ideas on how to keep America's workers safe. [In the OHS Minute](#) last week, we recognized a few who had submitted [near misses](#) & Safety Stars* with prizes.

For the rest of the month, FM-OHS will be recognizing **YOUR** contributions to workplace safety! Stay tuned!



* Nominate a Safety Star by emailing FM-OHS@virginia.edu.

At FM: Reporting COVID-19 & Possible COVID-19 Positive Cases

An online form has been created for directors, managers, supervisors, and anyone that oversees contractors or subcontractors to easily let important parties (HR BP, leadership, OHS, & Custodial Services) know of an illness or asymptomatic positive case within their group.



The identification of the individual being tested or experiencing symptoms is never shared through this reporting tool, but the form asks for other important information like area(s) where the individual last worked (for disinfection purposes) and their testing status (getting tested, received a positive, etc.). The affected employee would work with VDH to identify contacts during their contagious period.

An email notification will be created for all COVID-19 positive cases on FM jobsites and will be sent to employees in the affected areas so that they can be aware and more closely monitor their own health. OHS is working with FM's technology groups on creating a more real-time notification center that any FM employee can access before going to a jobsite.

UVA FM values the health and safety of every employee. If you are not feeling well or have a household member receiving a COVID-19 test, it is your obligation to report this to your supervisor (preferably over the phone) and stay home. [UVA has resources in place](#) to help you should you need to take time off for illness or to care for a family member.

Want to protect yourself & loved ones from COVID-19? There's an app for that!

Two, actually — See below for more info on UVA's HOOS Health Check & Virginia Department of Health's COVIDWISE.



Be aware that all employees reporting to Grounds must complete a HOOS Health Check assessment. Staying aware of your own health and taking appropriate precautions is an important way you can help protect the UVA community, our families, and our neighbors.

HOOS Health Check can be downloaded at the [Apple App](#) or [Google Play](#) stores. If you don't have a smartphone, you can complete your daily health check on the [HOOS Health Check website](https://hooshealthcheck.virginia.edu/sign-in) (<https://hooshealthcheck.virginia.edu/sign-in>) or [through a paper form for employees](#) ([printable PDF posted on the ITS website](#)).

Anyone with symptoms suggestive of COVID-19 should stay home, notify their supervisor, and immediately contact UVA Employee Health, as directed by HOOS Health Check.

You only need to complete a daily health check when you will be on Grounds or working in a UVA Health facility. At this time, there are no plans to provide managers with a report showing who completed the daily health check in their area. It is your responsibility to communicate your status to your supervisor. **Employees who are sick must stay home.**

COVIDWISE

COVIDWISE uses your phone's Bluetooth Low Energy technology to exchange "tokens" (tiny bits of unique data) with other phones in close proximity. Once you activate it, your phone downloads a list of all the anonymous tokens associated with positive COVID-19 cases every day and checks them against the list of anonymous tokens it has encountered in the last 14 days. If there's a match, the app will notify you with further instructions from VDH on your next steps.



Your phone is with you almost everywhere you go. You might as well put it to use to stop the spread of COVID-19.

No private information or GPS data is shared.

You shouldn't be able to detect any change in your phone's battery life while using this app.

More information & download: <https://www.vdh.virginia.gov/covidwise/>

Physical Distancing? Anyone Can Vote “Absentee” in Virginia

Are you or a loved one at high risk of complications if you catch or spread COVID-19? You are encouraged to vote absentee! In Virginia, if you **don't vote on Election Day in your polling place**, then you are voting **absentee**. I.E., Absentee voting is any voting not done in your regular polling place on Election Day.



There are two ways to vote “absentee” in Virginia:

- 1. In person at your local Registrar's Office or a satellite office prior to Election Day:**
You are voting in person, but you are not voting on Election Day in your locality. This is known as in-person absentee voting.
In Virginia you might also see this referred to as "early voting," and **no application is required for in-person absentee voting** (or early voting). The process will be very similar to when you show up to vote on Election Day and are checked in by an election official.
Find your registrar’s phone number here:
<https://vote.elections.virginia.gov/VoterInformation/PublicContactLookup>
- 2. Obtaining a ballot by mail from your Registrar's Office:** This is by-mail absentee voting. The application for a ballot by mail in Virginia also calls this process "vote by mail".
If you vote by mail you can, as of the writing of this post, return your ballot by US Mail, in person (meaning the voter must return it personally), or by commercial delivery service, like UPS or FedEx.
The form for voting by mail is here: <https://vote.elections.virginia.gov/VoterInformation>.
For social distancing due to COVID-19 choose "I have a reason or condition that prevents me from going to the polls on Election Day." as your reason for requesting an absentee ballot.

Call [your registrar](#) for more information.

ANSWER THE CALL: About Contact Tracing in Virginia

If you or someone you recently had contact with has COVID-19, a contact tracer will call you. They will help you get tested, stay at home to keep you and others safe, and connect you and your family to vital social services. Learn more: <https://www.vdh.virginia.gov/coronavirus/prevention-tips/contact-tracing/>

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

Stop the Spread in Common Areas



1

Physical Distancing
of at least 6 feet



2

Maintain a Maximum
Occupancy of _____
persons



3

Use hand sanitizer or
wash hands for at
least 20 seconds



4

Clean and disinfect all
common surfaces such
as tables, chairs,
countertops, and handles
before and after use.

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.

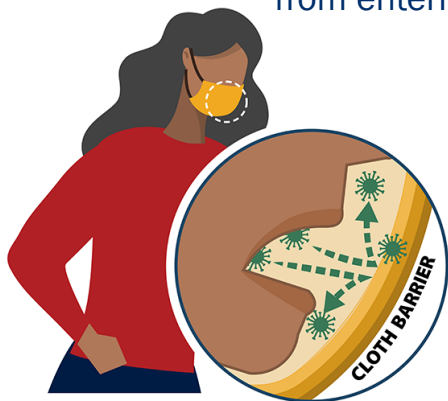
This includes passengers inside Kubotas & vehicles: FM employees and their managers must make every effort to avoid having passengers in any FM vehicle. No more than one passenger is allowed in any FM vehicle, regardless of circumstances. Whenever a passenger is in a FM vehicle, both the driver and passenger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

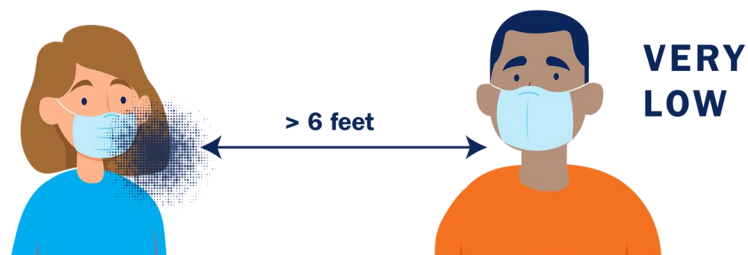
Wearing your face cover is an act of respect for those you meet every day. It stops small droplets of saliva created when you laugh, speak, and cough or sneeze from entering the air and potentially infecting another person nearby.

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



free **COVID-19** *testing*

Thomas Jefferson Health District (TJHD) is now offering free drive-thru COVID testing (nasal swab testing) for anyone above the age of six.

FOR UPCOMING DATES AND TIMES, VISIT

<https://at.virginia.edu/TJHDDTestingSites>

*Questions? Call TJHD's COVID-19
hotline at 434-972-6261*



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>

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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.*