Special Edition

The Health & Safety Minute

New Normal, Same Hazards: Students have returned to Grounds!

Every year around this time, FM employees receive lots of safety reminders to be on the lookout for students near jobsites and vehicles. This year is no different!

- **Stay alert** for pedestrians and bikes.

- **Modify your travel routes & times** to avoid students paths during class changes.

- **Use a backer** when backing up.

- As always, cell phone use (even on speaker) is prohibited when operating a state/ university vehicle.

Special thanks to Sonny Beal for sharing: https://bit.ly/32k8Sb5

JOIN the Zone Maintenance Safety Committee for a VIRTUAL Toolbox Talk

September 16, 12:45 PM

Sign Up: https://fmtoolboxtalk2020.eventbrite.com/

The Zone Maintenance Safety Committee is hosting a Toolbox Talk Meeting via Zoom for EVERYONE in UVA FM. Sign up and remind all of your co-workers to do the same. Support the safety committees in order to help make a difference in our safety culture!

Space is limited, but the recorded session will be made available.

Sign Up: https://fmtoolboxtalk2020.eventbrite.com/

FOR SUPERVISORS: Updated COVID-19 Reporting

On August 19, managers & supervisor received an email detailing the reporting requirements for an employee with **COVID-19 symptoms or exposure in their area.** Reporting activates the support systems in place for FM employees that may be affected by the spread of this disease.

These guidelines were updated on September 9th: All positive cases, exposures, and individuals with symptoms must report to Employee Health: 434-924-2013.   Full document: https://at.virginia.edu/2FsOons

NEW!

UVA WEEKLY

The following segment was filmed while observing COVID-19 health and safety protocols.

A weekly video update from UVA's leadership to get UVA students, faculty, and staff the information they need as we enter this new semester . It also offers entertaining takes and highlighting talents of UVA community members.

See the first episode here:
https://at.virginia.edu/2DOP2LF

National Safety-Stand Down To Prevent Falls is September 14-18, 2020

You can WIN prizes by completing ladder inspections for your group!

Ladder inspection form: https://at.virginia.edu/2VEyltj

Send your completed ladder inspections to bh4bx@virginia.edu or fm-ohs@virginia.edu

REMEMBER, DO NOT USE A LADDER IF YOU FIND:

⇒ **Structural damage** such as split or bent side rails

⇒ **Missing safety devices or broken rungs or steps**

⇒ **Grease, dirt or other substances** that could cause slips or falls

⇒ ○ **Paint, tape or stickers,** except warning labels, that could hide defects

⇒ ○ **For job-made ladders, incorrect or unstable construction.**

Mark damaged ladders for replacement, or destroy them immediately!

Wear your face covering!

Face cover use is particularly important in environments where the risk of transmitting the virus is higher. These include indoor environments, and those with any of the "Three C" characteristics:

- **Closed/Confined** places with limited ventilation

- **Crowded** places with many people

- **Close-contact** settings where people may have close conversations

Be safe, for all of us.

🏛 UVA

UVA Travel Restrictions due to COVID-19

The University has provided guidance on travel restrictions on international and domestic travel:
https://uvapolicy.virginia.edu/policy/SEC-046

Please be aware of these restrictions before planning travel. All University employees are asked to take account of this guidance as they evaluate their own **non-essential, personal travel.** Check the state and territorial health department websites for the latest information. If you do travel internationally, it is important to note that return may be difficult.

HOOS HEALTH CHECK:

HOOS Health Check helps UVA community members remain aware of their health and any possible COVID-19 symptoms before they come to Grounds. Students, faculty, & staff must complete a daily health check each day that they are coming to Grounds through the free HOOS Health Check app (available in the Apple and Google Play stores) or the HOOS Health Check website. This is designed to make individuals aware of their symptoms, to encourage personal responsibility, and, if the individual exhibits symptoms, to provide resources and next steps for testing.   **More info:** https://in.virginia.edu/hooshealthcheck

UNIVERSITY of VIRGINIA

HOOS Health Check

Please complete your Health Check daily if you are coming to Grounds.

Health Check

Are you experiencing any of the following new symptoms?

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- Gastrointestinal symptoms
- Loss of taste or smell
- Congestion or runny nose

By selecting "No" below you also affirm that you have not been advised to self-quarantine as part of an active contact trace.

☐ No, I Don't Have Symptoms

☐ Yes, I Have Symptoms

Signed: _____

Date: _____

Thank you for completing your Health Check.

Flu Prevention During COVID-19

Why are we even more concerned about preventing flu during COVID?
The flu is a serious and contagious disease that affects millions of people each year. It's spread from person to person through coughing, sneezing, or droplets of saliva. In this upcoming flu season, it is likely that flu viruses will spread along with the coronavirus. The flu vaccine will not prevent COVID-19, but it will help prevent flu illnesses, hospitalizations, and deaths. It will also help conserve scarce medical resources for the care of people with COVID-19.

How can you prevent the flu?
During the COVID-19 pandemic, it is important to reduce your risk for respiratory illness and to protect other at risk people. Getting the flu shot is safe and effective and one of the best ways you can prevent getting and spreading the flu. It takes up to 2 weeks after getting a flu shot for your body to build up full protection against the flu, so it is still possible to get the flu during that time. Any side effects from the vaccine (mild soreness, headache, low grade fever, etc.) are short term and are *not* the flu.

Who needs the flu shot?
The Centers for Disease Control and Prevention (CDC) recommends that *everyone 6 months and older* get the vaccine, especially:

- Essential workers
- Pregnant women and children
- People ages 65 and older
- People with chronic health problems like asthma, diabetes, heart disease, lunch disease, etc.
- People who live with or care for those at high risk

Where can I get the flu shot?
Your local health department offers the flu vaccine for all ages, along with most primary care providers and pharmacies. Find your local TJHD health department at www.TJHD.org.

For more information: www.cdc.gov/flu

Follow us on Facebook

A public health message from **www.tjhd.org**

updated 8/6/2020

UVA Employee Health

WHAT TO DO

If Someone Around Me Tests Positive for COVID-19

CLOSE CONTACT

Some examples of **close contact** with a person who has tested positive for COVID-19 include:

- being less than six feet from them for at least 15 minutes (*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, spit on, sharing a drinking glass or utensils, kissing*) from them.

A person with COVID-19 is considered to be contagious starting from 2 days before they become sick (or 2 days before they tested positive If they never had symptoms) until they meet the criteria to discontinue isolation. Personal protective equipment for health care workers will reduce the risk of transmission following close contact.

situation

"I am experiencing symptoms that are consistent with COVID-19."

what to do

- **Self-isolate** at home and **follow the instructions** of the local health department if they contact you
- **Call Employee Health** at **434-924-2013** (M – F: 7:30 am–5:00 pm, except Tuesdays: 7:30am–4:00 pm) for further guidance related to your new symptoms

situation

"I have no symptoms but was in close contact with a person with COVID-19."

what to do

Distance yourself from others, including individuals in your household. If the local health department calls you, answer the call. If you do not hear from the health department within 48 hours, contact Employee Health at **434-924-2013** (M – F: 7:30 am–5:00 pm, except Tuesdays: 7:30am–4:00 pm) or email **employeehealth@virginia.edu**

situation

"I know someone with COVID-19, but I don't have symptoms and I don't believe I was in close contact with them."

what to do

Continue activities as normal, including standard prevention measures. These include wearing a face covering, maintaining physical distance from others outside your household, and frequent use of hand sanitizer/hand washing. The health department will reach out to you with more recommendations if you are identified as a close contact—please answer the call.

Call 911 or go to the nearest emergency room if you are:

- Having trouble breathing
- Experiencing persistent pain or pressure in the chest
- Experiencing new confusion
- Having trouble waking up or staying awake
- Experiencing bluish lips or face
- Having any other symptoms that are severe/concerning

*COVID-19 information and protocol can change quickly. If you have any questions, please email **returntogrounds@virginia.edu** or visit **returntogrounds.virginia.edu**

Content Sources: *Virginia Department of Health, CDC*

COVIDWISE: Privacy-First Contact Tracing

**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. (*See the comic at right for an example.*)

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/

HOW PRIVACY-FIRST CONTACT TRACING WORKS

Alice's phone broadcasts a random message every few minutes.

Alice sits next to Bob. Their phones exchange messages.
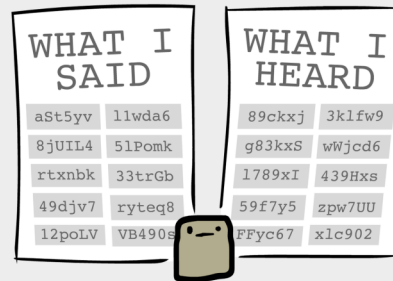
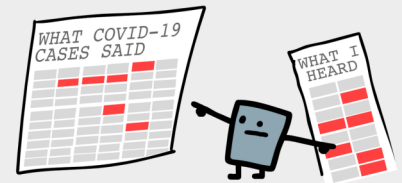Both phones remember what they said & heard in the past 14 days.

If Alice gets Covid-19, she sends *her* messages to a hospital.
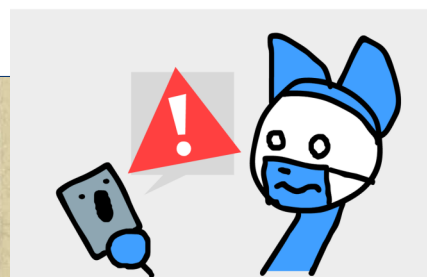
Because the messages are random, no info's revealed to the hospital...

...but Bob's phone can find out if it "heard" any messages from Covid-19 cases!
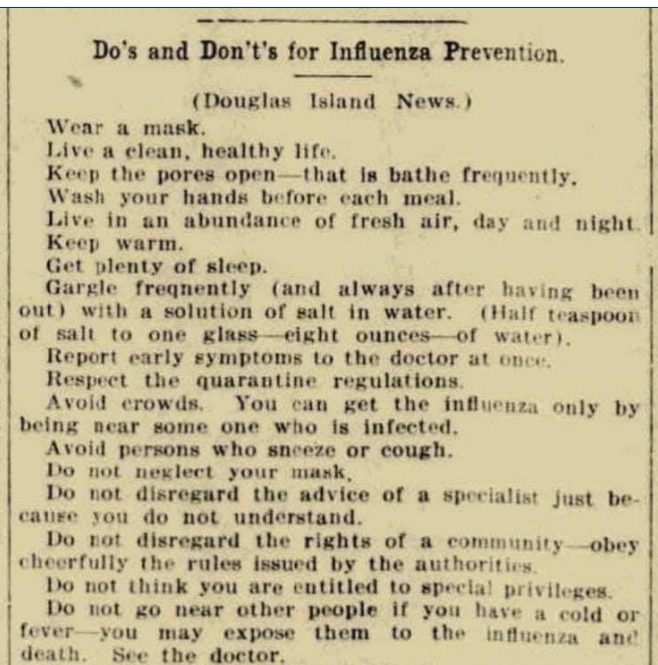
If it "heard" enough messages, meaning Bob was exposed for a long enough time, he'll be alerted.

And *that's* how contact tracing can protect our health *and* privacy!

by Nicky Case (ncase.me). CC0/public domain, feel free to re-post anywhere!

Do's and Don't's for Influenza Prevention.

(Douglas Island News.)

Wear a mask.
Live a clean, healthy life.
Keep the pores open—that is bathe frequently.
Wash your hands before each meal.
Live in an abundance of fresh air, day and night.
Keep warm.
Get plenty of sleep.
Gargle frequently (and always after having been out) with a solution of salt in water. (Half teaspoon of salt to one glass—eight ounces—of water).
Report early symptoms to the doctor at once.
Respect the quarantine regulations.
Avoid crowds. You can get the influenza only by being near some one who is infected.
Avoid persons who sneeze or cough.
Do not neglect your mask.
Do not disregard the advice of a specialist just because you do not understand.
Do not disregard the rights of a community—obey cheerfully the rules issued by the authorities.
Do not think you are entitled to special privileges.
Do not go near other people if you have a cold or fever—you may expose them to the influenza and death. See the doctor.

You can do this!

We are all here because our grandparents and ancestors have survived similar disease and outbreaks. Check out the ad at left from the 1918 influenza pandemic. While the CDC may not recommend gargling saltwater, very little else has changed. **Hang in there!**

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

ENGAGE US

OHS is here to answer your workplace health & safety questions. Any OHS staff member is happy to help you maintain a safe and healthy working environment!

Laura Duckworth
Director, Occupational Programs
ld6pq@virginia.edu
(434) 305-0389

Bobby Putrino
Occupational Health & Safety Program Manager
rg4ny@virginia.edu
(434) 906-7354

Narges Sinaki
Health & Safety Compliance Specialist
ns4xq@virginia.edu
(434) 981-6127

Bonnie Hockins, OHST
Occupational Health & Safety Technician
bh4bx@virginia.edu
(434) 270-9577

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

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

BEE AWARE: Travel Route Requirements for FM Vehicles

With students returning to grounds and classes starting soon, please be cognizant about using McCormick Road unless addressing business within the immediate vicinity or if an alternate route is not available. McCormick Road is not to be used as a cut-through between Alderman Road, Emmett Street, and University Avenue. This will allow the roadway to be used primarily by pedestrians to provide the opportunity for appropriate physical distancing for students, staff and faculty.

The map shows recommended travel paths and those roads with restricted or prohibited travel.
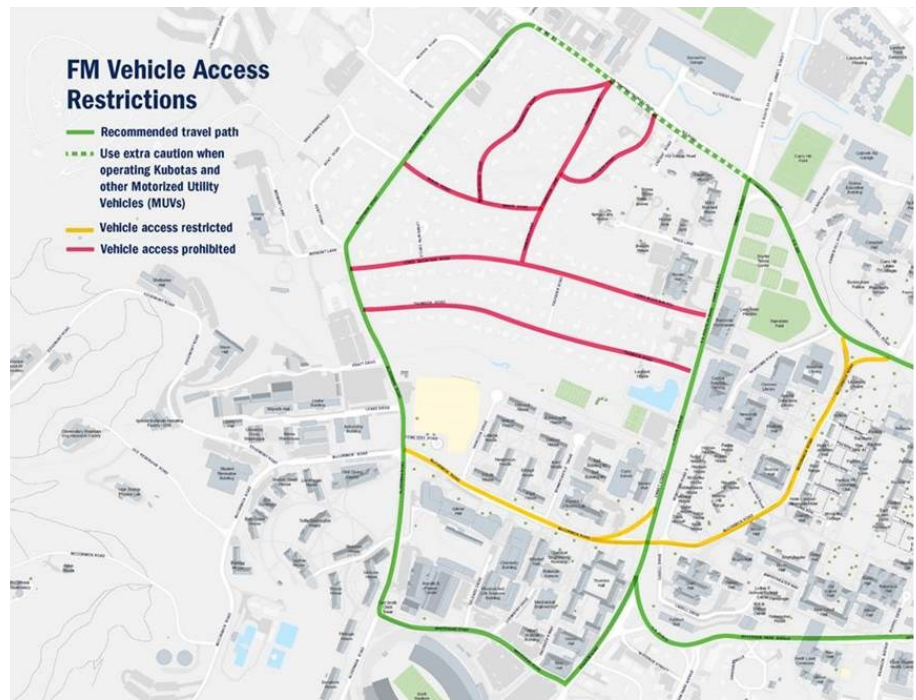
As a reminder, Kubotas and other Motorized Utility Vehicles (MUVs) are not permitted on roads with speed limits above 35 mph and should practice extra caution when operating on Ivy Road between Alderman Road and Emmett Street.

Your Benefits!

UVA's Benefits Open Enrollment for plan year 2021 will be October 5-16, 2020.

Mark Your Calendar:
- **September 1** – Open Enrollment website is live
- **September 28 – October 14: Virtual Presentations -** To ensure your health and safety, these presentations are hosted virtually through Zoom. Hear about benefits changes and ask questions.
  - Monday, September 28, 10 – 11 am
  - Thursday, October 1, 3 – 4 pm
  - Monday, October 5, 9 – 10 am
  - Wednesday, October 7 TOWN HALL, 12 – 1 pm
  - Friday, October 9, 1 – 2 pm
  - Wednesday, October 14, 11 am – 12 pm
- **October 7: Town Hall -** The Town Hall will include short presentations and a Q&A session with UVA Faculty and Employee Assistance Program (FEAP), Hoos Well team, Leave team, Benefits team, Retirement team
- **October 5 – 16: Virtual Benefits and Well-Being Expo**
  Learn about your UVA Benefits: https://hr.virginia.edu/benefits

Coping with Stress

It is normal to feel sad, stressed, or overwhelmed during a crisis

Talk to people you trust or a counsellor

Maintain a healthy lifestyle: proper diet, sleep, exercise and social contacts with friends and family

Don't use alcohol, smoking or other drugs to deal with your emotions

If you have concerns, talk with your supervisor. If you start to feel unwell tell your doctor & supervisor immediately.

World Health Organization
Western Pacific Region

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 <u>REQUIRED</u> 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 <u>PROTECT YOU & THOSE AROUND YOU.</u>

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.

VERY HIGH

HIGH

MEDIUM

LOW

VERY LOW

> 6 feet

NONE
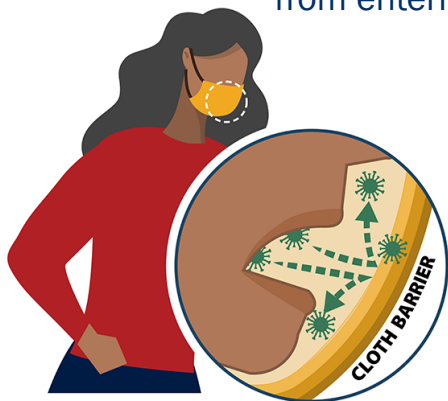
If you can see other people and are not separated by a door or wall, it is a *best practice* to wear a face covering.

CLOTH BARRIER

How a face cover works
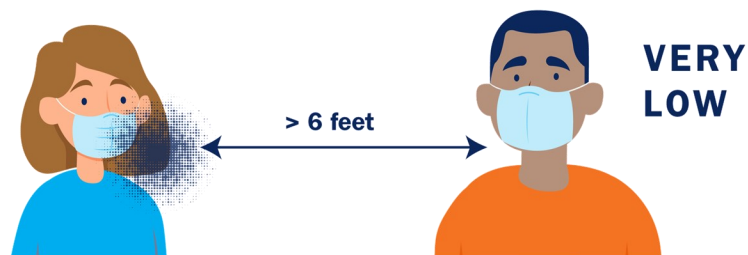
FREE • GRATIS • GRATUIT

COVID-19 *testing*

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

FOR UPCOMING DATES AND TIMES, VISIT

https://at.virginia.edu/TJHDTestingSites

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