

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

09.25.2020

New Normal, Same Hazards: BEE Safe, BEE Seen

As the days get shorter, many of us are arriving to work in the dark. Use your headlights, and wear your hi-viz.

BEE BOLD AND BRIGHT

BOTH MORNING AND NIGHT

We see those reflective vests and jackets so often that we start taking them for granted, but wearing hi-visibility can mean the difference between an employee making it home safely and a tragic event.



Remembering to turn on your headlights will make you visible to other vehicles on the road, as well as make pedestrians and bicyclists more visible to you!

Thank you for being safe!

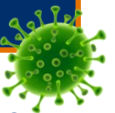


Make a Plan NOW to Get your Flu Shot!



There will be no on-Grounds flu shot clinics for Academic employees this fall. However, UVA is covering the cost of flu shots for UVA employees enrolled in a UVA Health Plan at CVS pharmacies or any pharmacy in Aetna's National Pharmacy Network (Giant Eagle, Harris Teeter, Kmart, Kroger, Rite Aid, Walgreens, and Wegmans) if you present your Aetna card at the pharmacy. You can also get your flu shot at your primary care provider's office.

TIP: Take a photo of your vaccination documentation as soon as you get it. That way you'll have a copy in case it gets misplaced!



Getting your flu shot is more important than ever this year as we are facing the threat of COVID-19 in our communities. The flu shot will not protect you from the coronavirus, but will protect you from the flu virus.

Be sure to hang on to your documentation of your flu shot—take it in or email it to [UVA Work Med](#) or [Employee Health](#) to receive your annual badge sticker. An appointment is not needed to provide documentation and pick up a sticker. Stickers will not be mailed.

See more: <https://at.virginia.edu/3i4dJlf>

Friday Funny: Easy Tips on How to Behave During a Pandemic

From our colleagues at Johns Hopkins University.

Source: <https://bit.ly/33MbFcH>

Instructions: HOW TO REPORT YOUR SYMPTOMS
DO call your doctor
DON'T whisper, "I have a fever!" into a friend's ear

Instructions: HOW TO EAT LUNCH WITH A FRIEND
DO sit apart without sharing
DON'T sip the same drink with two straws

Instructions: HOW TO ENGAGE IN CONTACT TRACING
DO answer truthfully and follow instructions
DON'T draw a line around somebody

Instructions: HOW TO SHOP FOR GROCERIES
DO keep a distance from others
DON'T pick produce like you're bobbing for apples

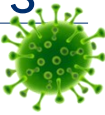
Instructions: HOW TO WASH YOUR HANDS
DO lather with soap/water for 20 seconds
DON'T lick them for 20 seconds

Instructions: HOW TO WEAR A MASK
DO fit it over your nose and mouth
DON'T use a Halloween mask

Not All News is Bad: A Selection of Happy Features

- Musician Dave Grohl writes a theme song for 10-year-old drummer following their epic drum battle: <https://bit.ly/3iTJMG6>
- Wisconsin Farmer Plants 2 Million Sunflowers To Make People Smile: <https://bit.ly/32PbBK7>
- 12 Year Old Boy Cured of Sickle Cell Anemia After Stem Cell Transplant: <https://bit.ly/2RJKObS>
- National Zoo's giant panda Mei Xiang gives birth to cub: <https://on.today.com/301FTr4>
- Community helps mom find SpaghettiOs: <https://on.today.com/3kCnE3a>





Select Your Benefits!



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

Even if you do not want to make any changes to your health, dental, or vision plans, you still need to re-elect the FSA and HSA programs for 2021 during Open Enrollment. **2020 elections for FSAs and HSAs will NOT automatically carry over to 2021.**

Learn about your UVA Benefits & Open Enrollment: <https://>

UVA Offers **Asymptomatic Testing** to Employees

Academic Division and eligible contracted employees who are working on Grounds and completing the required daily [HOOS Health Check](#) can order a free self-administered COVID-19 test from [Let's Get Checked](#).

Tests are shipped free to employees' homes and must be returned the same day the sample is taken. Return shipping is also free. Results will be available in the Let's Get Checked portal, usually within 72 hours of the lab receiving your sample.

Order here: <https://www.letsgetchecked.com/us/en/order-form/>

Employees who believe that they have been significantly exposed should contact [Employee Health](#) (434-924-2013) if they were not contacted by the Virginia Department of Health within 48 hours of suspected exposure.

***Significant exposure** is defined as being within 6 feet of a person with COVID-19 for 15 minutes or more.*

COVID-19 on Grounds

Students have returned and local COVID-19 cases are increasing. Continue to practice physical distancing, using face coverings, and good hand hygiene while avoiding situations with any of the **"Three C"** characteristics:

- **C**losed/**C**onfined places with poor ventilation
- **C**rowded places with many people
- **C**lose-contact settings where people may have close conversations

This should keep your risk of contracting COVID-19 low.

The University is making every effort to identify new student cases. The situation is rapidly changing — FM leadership may not be able to communicate in a timely manner all situations and responses before local media shares the story. If there are any affected employees identified, they will be contacted as soon as possible.

FM employees may be asked to voluntarily take a COVID-19 test if they support a space where positive student cases have been identified. This is a precautionary measure. It does not mean that employees were put in a high-risk situation. As long as FM's COVID-19 protocols are followed closely, the risk of exposure is low.

In response to the recent uptick in cases, [UVA has restricted gatherings and travel](#) for the next two weeks, starting September 23.

If you have questions or need clarification, please reach out to FM-OHS@virginia.edu or FM's HR Business Partners, Elsa Burnette and Sarah McComb.

Free Flu Vaccine Drive-Through Clinics

**No appointment needed.
For everyone ages 3 years and up.
First come, first served until supplies run out.**

Please wear a mask. People who have COVID symptoms or are in quarantine/isolation cannot get a flu vaccine at this clinic.

DATE	TIME	LOCATION	FOR MORE INFORMATION CALL
Thursday 10/8/20	5 - 7 PM	Nathanael Greene Primary School 64 Monroe Dr, Stanardsville	(434) 985-2262
Tuesday 10/13/20	4 - 7 PM	Buford Middle School 1000 Cherry Ave, Charlottesville	(434) 972-6269
Wednesday 10/14/20	9 AM - 12 noon	Louisa Resource Council 147 Resource Ln, Louisa	(540) 967-3703
Thursday 10/15/20	5 - 7 PM	Nelson Heritage Center 1653 Thomas Nelson Hwy, Arrington	(434) 263-8315
Monday 10/19/20	5 - 7 PM	Fluvanna High School—Bus Loop 1918 Thomas Jefferson Pkwy, Palmyra	(434) 591-1960
Tuesday 10/20/20	5 - 7 PM	Jack Jouett Middle School 210 Lambs Ln, Charlottesville	(434) 972-6269



Drive-thru clinics are weather dependent.
Visit www.TJHD.org for weather updates.



Video Message from CFO Don Sundgren

New Safety Guidelines

EFFECTIVE **SEPTEMBER 23** FOR THE NEXT TWO WEEKS

1. Gatherings limited to 5 people or fewer
2. Masks must be worn at all times

Exceptions: alone in your office, eating, exercising outdoors

Even when outside, everyone must wear a mask even when they can maintain a physical distance of at least six feet

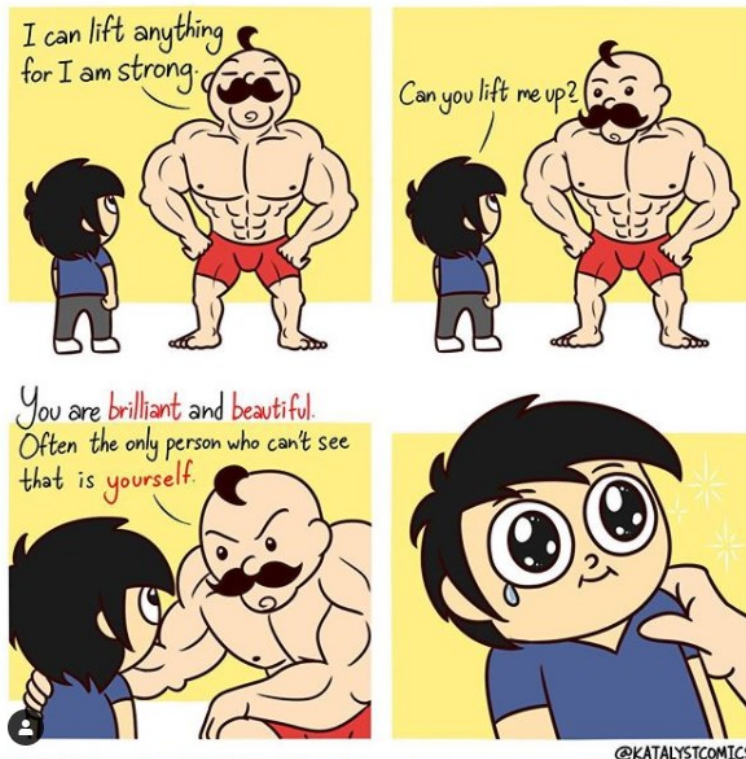
Following President Jim Ryan’s announcement of tightened restrictions on Tuesday evening, Don Sundgren released a video of support and thanks to FM employees, emphasizing the new safety guidelines. **These are effective September 23.**

See the full video:

<https://youtu.be/2c9MBdaqRVU>

You Can Do It!

Uncertainty can get to all of us. Thank you to everyone working hard and spreading kindness among your [colleagues!](#)



CORONAVIRUS

- Fever
- Cough
- Shortness of breath, or difficulty breathing
- Symptoms appear 2-14 days after exposure

FLU

- Fever
- Cough
- Muscle aches
- Fatigue & weakness
- Chills & sweats
- Congestion
- Sore throat

ALLERGIES

- Sneezing
- Itchy nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes

See more on flu vs. COVID-19 symptoms here:

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Is Your Hand Sanitizer Safe?

Thanks to increased sanitation needs, the hand sanitizer industry has seen a jump in demand for products. However, not all hand sanitizers on the market are safe to use.

The **Food & Drug Administration** has listed **more than 150 hand sanitizers** that they recommend you stop using right away.

Before you buy or use hand sanitizer you already have, check the FDA's do-not-use list at www.fda.gov/handsanitizerlist.

The list is updated regularly as new test results are released. Bookmark the list in your web browser and/or smartphone so that you can check each hand sanitizer before using it.

[Print the flow chart here for reference.](#)

1 Find the hand sanitizer label.

3 Go to www.fda.gov/handsanitizerlist and click on the red button at the top of the page.

2 Locate the:

- Product Name
- Manufacturer
- Distributor
- National Drug Code or NDC number

4 Search list.

- Type the product name, manufacturer, distributor, or National Drug Code or NDC number in the search box.
- OR
- Sort the columns alphabetically.
- OR
- Find your product on the correct page of results (1, 2, 3, ...).

Manufacturer	Distributor	Date added to table
4E Global, SAPI de CV (Mexico)		07/08/2020
4E Global, SAPI de CV		07/08/2020
4E Global, SAPI de CV (Mexico)	Greenbrier International Inc.	07/08/2020
4E Global, SAPI de CV (Mexico)	Midwood Brands LLC	07/08/2020
4E Global, SAPI de CV (Mexico)	4E Brands North America LLC	07/09/2020
4E Global, SAPI de CV (Mexico)	4E Brands North America LLC	07/08/2020
4E Global, SAPI de CV (Mexico)	4E Brands North America LLC	07/08/2020
4E Global, SAPI de CV (Mexico)	4E Brands North America LLC	07/08/2020

5 Look for your hand sanitizer on the list.

- Do not use a hand sanitizer made by a manufacturer on the list.
- If the manufacturer is not on the label, contact the distributor for more information.
- Check back often. As FDA test results are released, we add products to the list.

6 Put contaminated hand sanitizer into hazardous waste collection.

- Contact your local government or trash collection agency and ask about hazardous waste disposal.
- Do not pour the hand sanitizer down the drain, mix it with other liquids, or put it in your regular trash.

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!



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

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>

WEARING FACE COVERINGS:

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. Face covers protect you and those around you from aerosol particles that may contain the coronavirus.

Do NOT wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm



www.cdc.gov/coronavirus

CS 31907408/24/20



Bee safe, for all of us.



Guidance for Keeping Safe During COVID-19

The following tips can help reduce the risk of exposure to and spread of the coronavirus which causes COVID-19:

- **Stay home** if you are sick. Communicate your status to your supervisor over the phone.
- **Wear your face covering** over your nose and mouth to prevent the spread of the virus.
- **Don't forget to use your regular safety procedures**, including personal protective equipment (PPE), that protect you from hazards associated with routine tasks.
- **Avoid physical contact** with others and **increase personal space to at least six feet**, where possible.
- **Know how to properly put on, use/wear, and take off protective clothing and equipment.** If you have questions or need training, contact FM-OHS@virginia.edu.
- **Cover coughs and sneezes**—Use a tissue or your elbow.
- **Wash your hands frequently for at least 20 seconds**—If you do not have access to soap and water, use alcohol-based hand sanitizer containing at least 60% alcohol.
- **Use EPA-approved cleaning chemicals from List N** or that have label claims against the coronavirus on commonly touched surfaces and tools. Contact [Vibha Buckingham](#) or [Ryan Gumlock](#) in Building Services for the most up-to-date procedures.
- **If tools or equipment must be shared, use alcohol-based wipes to clean tools before and after use.** Consult manufacturer recommendations for proper cleaning techniques and restrictions.
- **Make team meetings virtual over Zoom**, or keep in-person meetings (including toolbox talks and safety meetings) as short as possible, limit the number of workers in attendance, and use social distancing practices.
- **Clean and disinfect areas regularly.** Ensure hand sanitizer dispensers are filled. Frequently-touched items (i.e., door pulls and toilet seats) should be disinfected.
- **Report any safety and health concerns to your supervisor & FM-OHS@virginia.edu**

Adapted from: <https://www.osha.gov/Publications/OSHA4000.pdf>

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/>

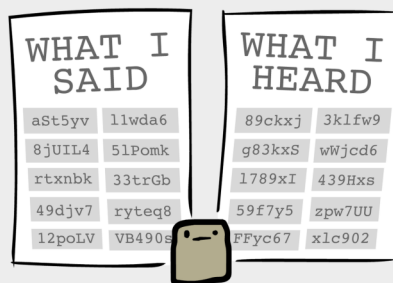
HOW PRIVACY-FIRST CONTACT TRACING WORKS



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



Alice sits next to Bob. Their phones exchange messages.



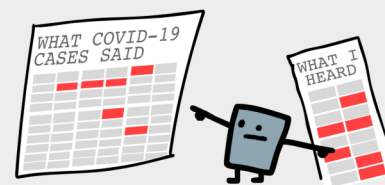
Both phones remember what they said & heard in the past 14 days.



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!

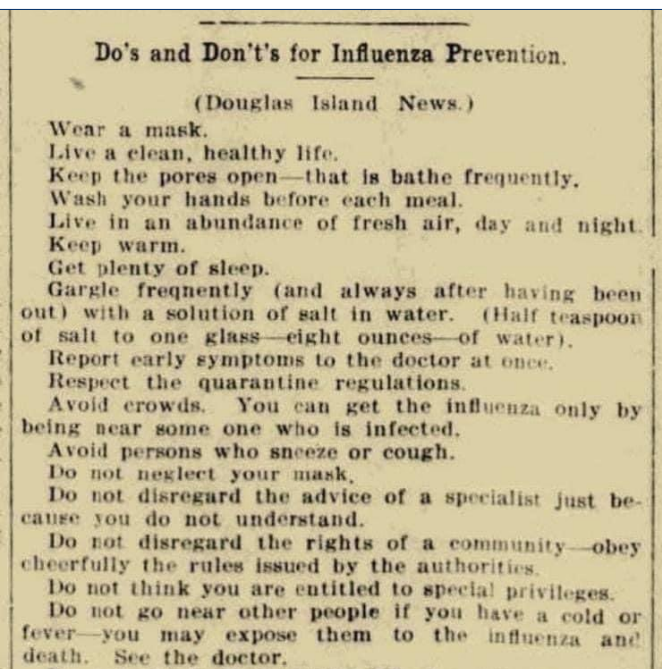


If it "heard" enough messages, meaning Bob was exposed for a long enough time, he'll be alerted.



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!



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!**



updated 8/6/2020

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

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.

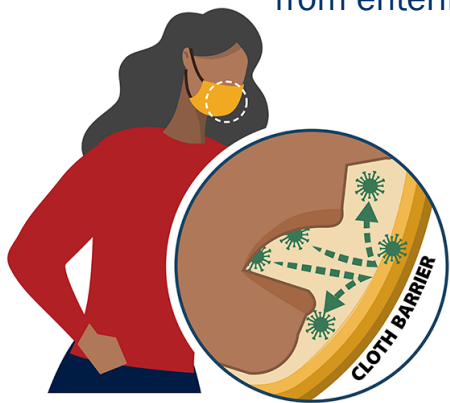
This includes passengers inside Kubotas & vehicles: FM employees and their managers must make every effort to avoid having passengers in any FM vehicle. No more than one passenger is allowed in any FM vehicle, regardless of circumstances. Whenever a passenger is in a FM vehicle, both the driver and passenger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

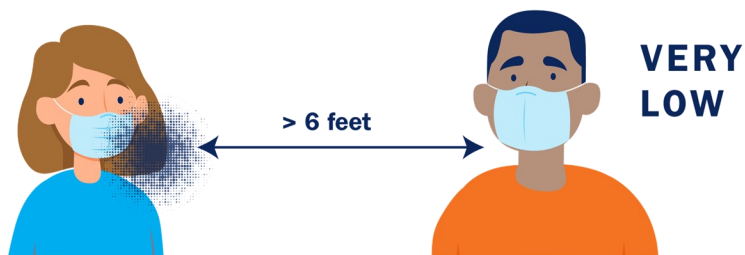
Wearing your face cover is an act of respect for those you meet every day. It stops small droplets of saliva created when you laugh, speak, and cough or sneeze from entering the air and potentially infecting another person nearby.

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



Coping with Stress

Source: <https://bit.ly/3ggxeq7>



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.



FREE • GRATIS • GRATUIT

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/TJHDTestingSites>

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



Have you completed the 2020 Census?

If you haven't already completed the Census for your household, please take a few minutes to do it today.

Visit www.2020Census.gov

Did you know?

- ✓ Getting counted ensures that Virginia gets the vital resources and representation we need.
- ✓ Census data is used to support funding for unemployment insurance, SNAP, housing assistance programs, school breakfasts, Pell Grants, and much more.
- ✓ For every person not counted in the Census, Virginia will lose up to \$20,000 per person over the next 10 years.
- ✓ It only takes a few minutes to fill out the Census for your household and its completely confidential.
- ✓ You can complete it online here (www.2020Census.gov), or by phone at 844-330-2020

