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.

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

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


- 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.


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:

- Closed/Confined places with poor ventilation
- Crowded places with many people
- Close-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.

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

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

UVA Facilities Management Occupational Programs | Skipwith Hall | 434.297.6379 | FM-OHS@virginia.edu | www.fm.virginia.edu/depts/ohs/index.html
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!

See more on flu vs. COVID-19 symptoms here:
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.
The Health & Safety Minute—Special Edition  |  09.25.2020  |  Page 7

**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](https://www.fm.virginia.edu/depts/ohs/index.html)
- **COVID-19 Resources:** [https://at.virginia.edu/2YiaRLm](https://at.virginia.edu/2YiaRLm)
- **NEAR MISS FORM:** For incidents or near-incidents that did not result in injury/first aid: [http://bit.ly/FMNearMiss](http://bit.ly/FMNearMiss)

**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.

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**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**
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](https://www.osha.gov/Publications/OSHA4000.pdf)
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/

If Alice gets Covid-19, she sends her messages to a hospital.

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

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!

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!
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 returnt grounding@virginia.edu or visit returnt grounding.virginia.edu

Content Sources: Virginia Department of Health, CDC
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

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