Special Edition

The Health & Safety Minute
UVA Facilities Management—Occupational Programs

10.02.2020

Maintain Your COVID-19 Prevention Practices to Protect You & Those You Love
Even though students have returned to Grounds and cases seem to be on the rise, maintaining personal prevention measures to stop the spread will keep you healthy:

- **Wash your hands frequently** for at least 20 seconds
- **Wear your face covering**
- **Maintain physical distance from others** by at least 6 feet.
- **Cover coughs & sneezes**
- **Clean & sanitize shared tools and high-touch areas**
- **Monitor yourself for symptoms.** *Do not come to work* if you feel unwell.

Be Aware of “Fall” Hazards!
As the leaves start to change and fall, be aware of:

- **Shortened daylight hours**
  - Use your *headlights*.
  - Be on the look out for pedestrians.
  - Wear your *hi-viz* if working near vehicles or roadways.

- **Leaves can present slip/trip/fall hazards**
  - Leaves on stairs can be slippery and cause a fall.
  - Piles of leaves can hide dangerous obstacles or holes.

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**OHS TRAINING UPDATE & The Future of OHS Training & Virtual Sessions:**

OHS is developing new methods to deliver safety training, as in-person sessions and gatherings are discouraged due to COVID-19. OHS is working with Occupational Training to move select training classes to virtual & online sessions using platforms like Zoom & learning modules through Workday, along with new ways to streamline the record-keeping process.

Bloodborne Pathogens (BBP) & Bloodborne Pathogens Refresher, Hearing Conservation & Hearing Conservation Refresher, Respiratory Protection New User, Electrical Safety, LOTO, and Powered Air Purifying Respirator (PAPR) are being conducted through ZOOM and Workday with success. Additional classes like Forklift Operator, Fall Protection Authorized Person, Confined Space Entry, and First Aid/CPR/AED are coming soon (and more classes will continue to be added).

**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 (i.e., using a shop computer). Supervisors should be aware of their employees' enrollment and provide adequate time and space/physical distancing, along with following FM's COVID-19 protocol, so employees are able to participate safely in their assigned training sessions.

- **Employees** should communicate with their supervisors any concerns and supervisors should be supportive in finding solutions.

*Please reach out to *fm-ohs@virginia.edu* with questions, as we are available to conduct training in a variety of methods.*
Even Athletes Wear PPE & Nobody Calls them Wimps!

Head Protection

Hand Protection

Foot Protection

PPE Can Keep You Safe & Look Cool!

Versus: How cool would you look without it?
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](https://at.virginia.edu/3i4dJlf)
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.**

See more: https://hr.virginia.edu/benefits/oe2021

UVA Offers **FREE COVID-19 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 self quarantine, monitor symptoms, and contact their primary care doctor for guidance 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.

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**COVID-19 on Grounds**

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** until at least October 7th.

*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.*
**BE I/Q READY**

**CLOSE CONTACT/NO SYMPTOMS**
(Exposure to a positive COVID-19 test)

As soon as you know about a potential exposure, quarantine away from others.

**QUARANTINE**

- Last close contact with person with COVID-19*

**NEGATIVE TEST RESULT**

- 5-7 days after your exposure is the optimal testing window, if testing is needed.
- **Why the wait?** If you have been exposed to COVID-19, VDH recommends this timeframe. Earlier tests are more likely to be inaccurate.

If your test is negative and you continue to not have symptoms, you need to quarantine for a total of 14 full days. The virus can still develop up to 14 full days after your exposure.

If you have never had any symptoms, you can end isolation after at least 10 full days have passed since the day of your first positive test result.
You can return to work once you are cleared by Employee Health.

**CLOSE CONTACT/NO SYMPTOMS**
(Exposure to a positive COVID-19 test)

As soon as you know about a potential exposure, quarantine away from others.

**QUARANTINE**

- Last close contact with person with COVID-19*

**POSITIVE TEST RESULT**

- 5-7 days after your exposure is the optimal testing window, if testing is needed.
- **Why the wait?** If you have been exposed to COVID-19, VDH recommends this timeframe. Earlier tests are more likely to be inaccurate.

**SYMPTOMATIC**
(Exposure to a positive COVID-19 test if developed symptoms within 10 days of exposure)

As soon as you develop symptoms, quarantine away from others.

**QUARANTINE**

- The day your symptoms began

**POSITIVE TEST RESULT**

- DAY 2
- DAY 3

**ISOLATION**

- DAY 10+

You can end isolation after THREE things occur: 1) at least 10 full days have passed since symptoms first appeared, 2) at least 24 hours without a fever-reducing medication, and 3) other symptoms have improved. Occasionally, isolation needs to be extended based on a medical situation.
You can return to work once you are cleared by Employee Health.

**UVA PREVALENCE TESTING**
(If you were tested at a saliva site, clinic, or saliva testing)

**POSITIVE TEST RESULT**

- DAY 2
- DAY 3

**ISOLATION**

- DAY 10+

If you have never had any symptoms, you can end isolation after at least 10 full days have passed since the day of your first positive test result. Occasionally, isolation needs to be extended based on a medical situation.
You can return to work once you are cleared by Employee Health.

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*For the full definition of close contact, visit vdh.virginia.gov/coronavirus/local-exposure/
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)
NARCAN (naloxone) is a nasal spray used to treat an opioid overdose in an emergency situation. NARCAN blocks or reverses the effects of opioids, including extreme drowsiness, slowed breathing, or loss of consciousness.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>FOR MORE INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 10/6/20</td>
<td>2 - 4 PM</td>
<td>Fluvanna County Health Department</td>
<td>(434) 591-1960</td>
</tr>
<tr>
<td>Wednesday 10/14/20</td>
<td>3 - 5 PM</td>
<td>Louisa County Health Department</td>
<td>(540) 967-3703</td>
</tr>
<tr>
<td>Thursday 10/15/20</td>
<td>4 - 6 PM</td>
<td>Greene County Health Department</td>
<td>(434) 985-2262</td>
</tr>
<tr>
<td>Thursday 10/22/20</td>
<td>3 - 5 PM</td>
<td>Nelson County Health Department</td>
<td>(434) 263-8315</td>
</tr>
<tr>
<td>Monday 10/26/20</td>
<td>3 - 5 PM</td>
<td>Charlottesville/Albemarle Health Department</td>
<td>(434) 972-6269</td>
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ID not required to get NARCAN. COVID precautions will be in place. Please wear a mask.

Events are weather dependent. Visit www.TJHD.org for weather updates.
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.

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<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>
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<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.
BE AN ALL STAR: **Wash Your Hands Often** for at least 20 seconds with soap & water. Be sure you lather all surfaces of your hands. If soap is not available, use a hand sanitizer that is at least 60% alcohol.

*But, what’s approximately 20 seconds?*

The chorus to the Smash Mouth’s 1999 hit “All Star”:

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Hey now 🎵🎵🎵
You’re an allstar
get your game on

go play
hey now 🎵🎵🎵
you’re a rockstar

get the show on 🎤
get paid 💰
all that glitters ✨✨✨

is gold 🏆
only shooting stars 🌟🌟🌟
break the mold 🏆
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*Thank you for being a hand-washing all star!*