

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

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



Click here for a song that can be used as a handwashing timer.



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.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

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.



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.

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>



FEELING SICK?

Comparing symptoms of ALLERGIES, COLD, STREP THROAT, FLU, and COVID-19

	+	ONSET OF SYMPTOMS	SEASONALITY	SYMPTOMS		
				Common 💧💧	Sometimes 💧💧💧	Rare 💧💧💧
	Seasonal Allergies	Abrupt	Differs depending on the allergen	Runny Nose/stuffy nose Sneezing • Red, swollen eyes • Itchy eyes and nose	Wheezing, shortness of breath (more common for those with asthma)	Fever
	Cold	Gradual onset	Most occur during fall and winter but can be year-round	Runny nose • Sneezing • Sore throat • Aches and pains • Mild cough	Fatigue	Fever Headaches
	Strep Throat	Abrupt <small>(sore throat)</small>	Can occur year-round with increased cases in winter months	Sore throat • Painful swallowing • Fever • Swollen lymph nodes	Headache Rash	
	Flu	Quick onset	Most occur October through May	Fever • Dry Cough • Headache • Fatigue	Runny Nose Sore throat Sneezing	Diarrhea
	COVID-19	Gradual <small>(2-14 days)</small>	Unknown	Fever • Dry cough • Shortness of breath	Fatigue • Aches and pains • Headache • Sore throat • Chills	Nausea/Vomiting/ Diarrhea • Loss of taste or smell

Get immediate medical attention if you have any medical emergency. Call 911 if you have a medical emergency.

See more on flu vs. COVID-19 symptoms here: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

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

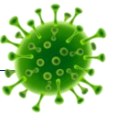
Academic Division and eligible contracted employees who are working on Grounds and completing the required daily [HOOS Health Check](#) can order a free self-administered COVID-19 test from [Let's Get Checked](#).

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.

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

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.



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:

- **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.

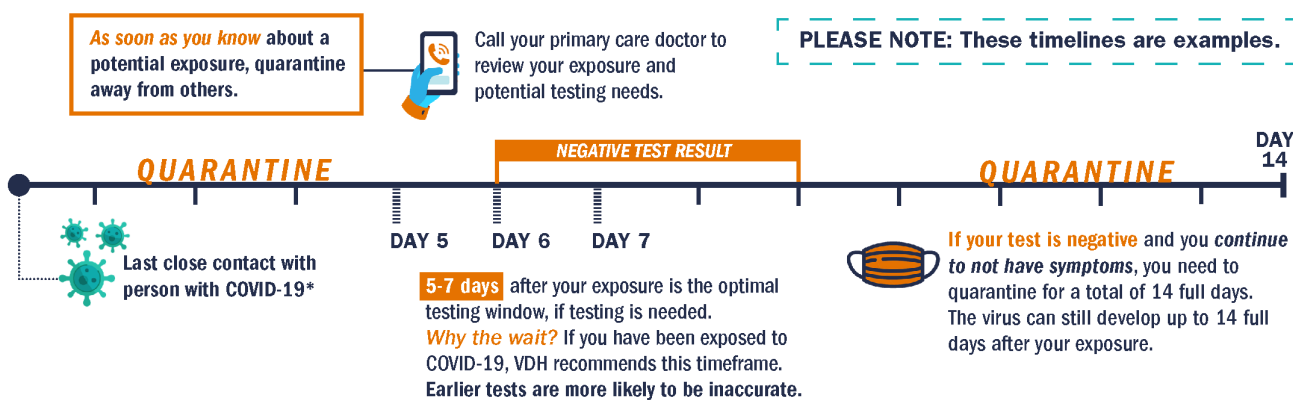
In response to the recent uptick in cases, [UVA has restricted gatherings and travel](#) until at least October 7th.

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.

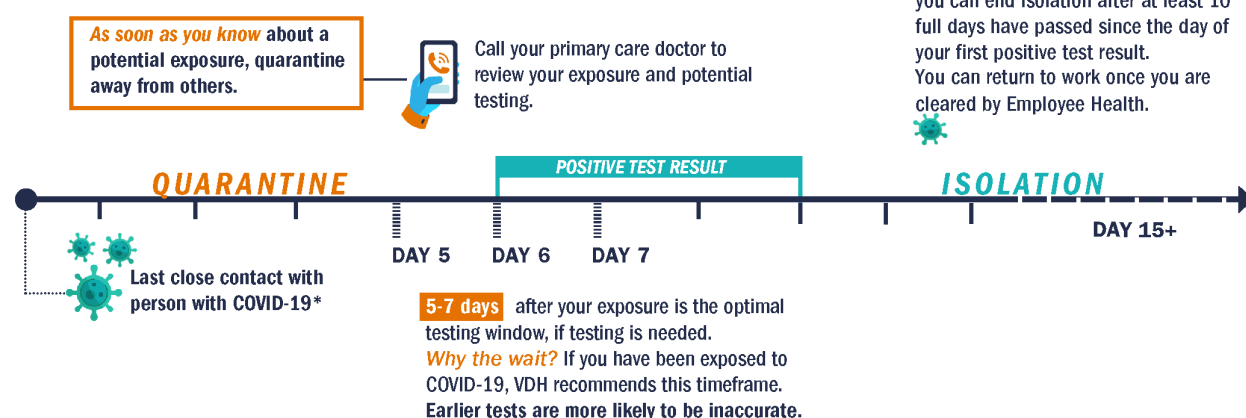
BE I/Q READY



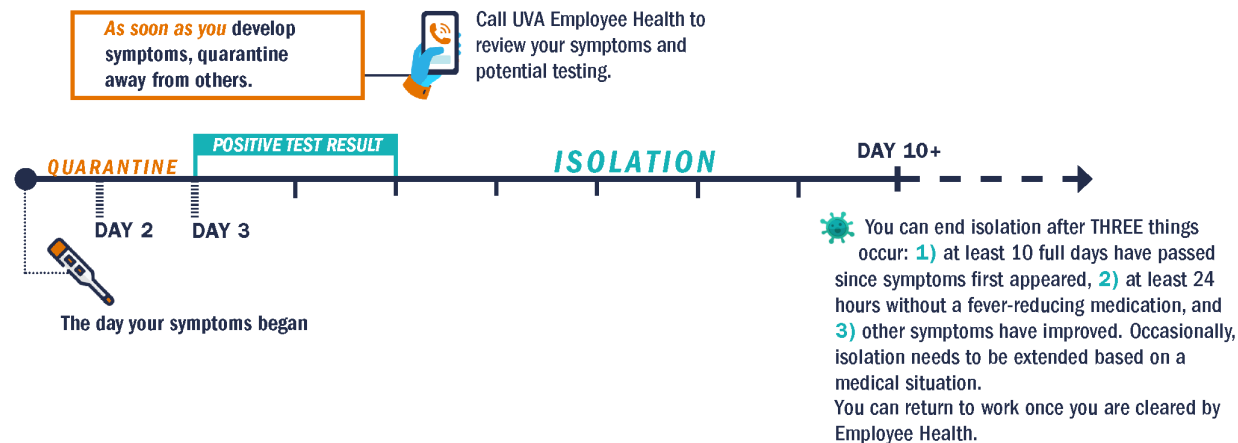
CLOSE CONTACT/NO SYMPTOMS (resulting in a negative COVID-19 test)



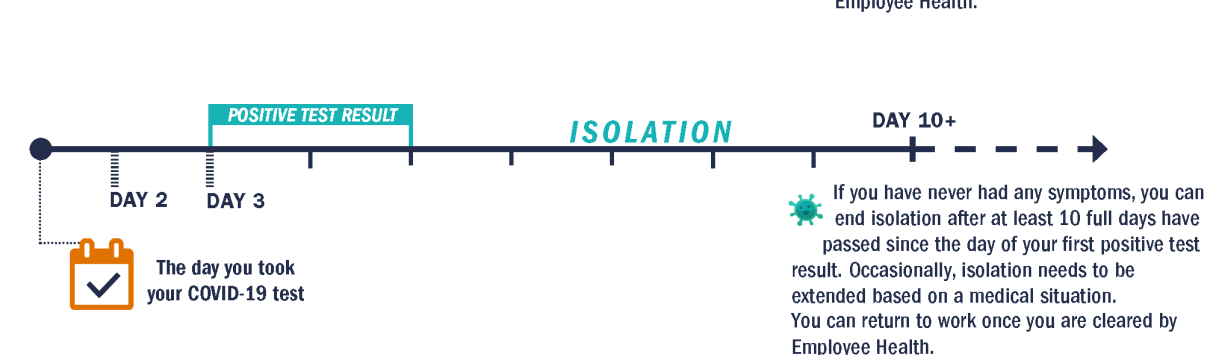
CLOSE CONTACT/NO SYMPTOMS (resulting in a positive COVID-19 test)



SYMPTOMATIC (resulting in a positive COVID-19 test or developed symptoms while on other timelines)



UVA PREVALENCE TESTING (mail-in tests, satellite clinic, saliva testing)



*For the full definition of close contact, visit vdh.virginia.gov/coronavirus/local-exposure/

#SleeveUp

“We all have a role in protecting each other.”
- Dr. Dan Jernigan, CDC

#FIGHT FLU

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>

FREE DRIVE-THRU NARCAN EVENTS

ALSO OFFERING FREE RAPID IN-HOME HIV TEST
KITS, CONDOMS, AND OTHER INFORMATION



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.

DATE	TIME	LOCATION	FOR MORE INFO
Tuesday 10/6/20	2 - 4 PM	Fluvanna County Health Department	(434) 591-1960
Wednesday 10/14/20	3 - 5 PM	Louisa County Health Department	(540) 967-3703
Thursday 10/15/20	4 - 6 PM	Greene County Health Department	(434) 985-2262
Thursday 10/22/20	3 - 5 PM	Nelson County Health Department	(434) 263-8315
Monday 10/26/20	3 - 5 PM	Charlottesville/Albemarle Health Department	(434) 972-6269

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.

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



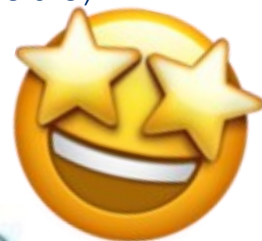
Drive-thru clinics are weather dependent.
Visit www.TJHD.org for weather updates.



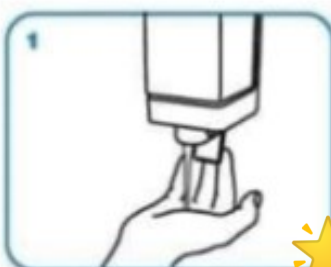
BE AN ALL STAR: Wash Your Hands Often for at least 20 seconds with soap & water. Be sure you lather all surfaces of your hands. If soap is not available, use a hand sanitizer that is at least 60% alcohol.

But, what's approximately 20 seconds?

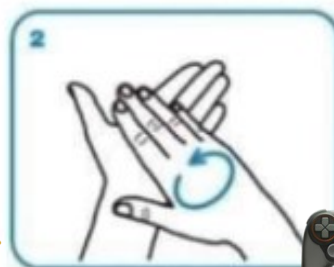
The chorus to the Smash Mouth's 1999 hit "All Star":



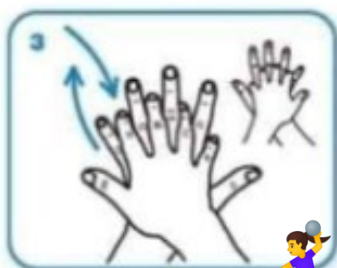
Hey now 👉👉



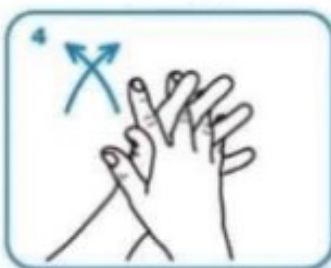
You're an allstar ✨



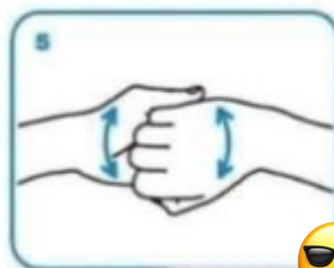
get your game on 🎮



go play 🏃



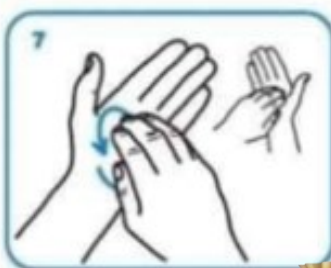
hey now 👉👉



you're a rockstar 😎



get the show on 📺



get paid 💰



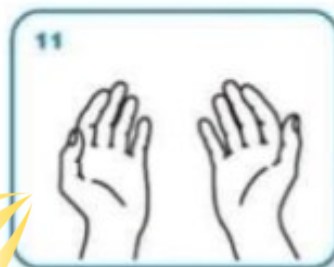
all that glitters ✨



is gold 🏆



only shooting stars ✨



break the mold



Thank you for being a hand-washing all star!