

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

10.09.2020

UVA's Safety Guidelines Extended through October 21

Following President Jim Ryan's announcement of tightened restrictions on September 22, Don Sundgren released a video of support and thanks to FM employees, emphasizing the new safety guidelines. **These are effective September 23 and have been extended to apply through October 21.**

See the full video from Don Sundgren:

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

Read more: <https://at.virginia.edu/2I9Aus5>

New Resource: After COVID-19

UVA's Return to Grounds initiative has launched an FAQ webpage for those who have left isolation and are recovering or have recovered from COVID-19. Although this page is geared towards the UVA student population, it addresses health concerns and considerations that will help anyone recovering from COVID-19. For example:

- Do I still need to wear a mask, physically distance, and follow other public health guidelines after I recover?
- How long am I contagious after a COVID-19 infection?
- If I'm exposed to COVID-19 again but have already had the infection, do I need to quarantine again?

Read more: <https://>

www.studenthealth.virginia.edu/after-covid-19

Reminder: *Employees returning to work after isolation or quarantine must be cleared by Employee Health.*

New Safety Guidelines

EFFECTIVE ~~SEPTEMBER 23~~ ^{until October 21} 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

For Parents: Childcare Survey and New Care Tools from UVA

Our new normal has left many of us with unexpected challenges for our children's schooling and care. **The UVA Dual Career Program (DCP) has developed [a short survey](#) it is asking you to complete so the program can better understand your childcare experiences and challenges during the pandemic.**

The DCP is also launching a [Parent/Guardian Connection Tool](#) to connect UVA parents and guardians with one another to facilitate community, connection, and the exchange of information and supports.

Survey: <https://bit.ly/34JiaNO>

Parent/Guardian Connection:
<https://at.virginia.edu/3nxd5NF>

UVA Edge: Get a Jump-Start on Your Undergraduate Degree

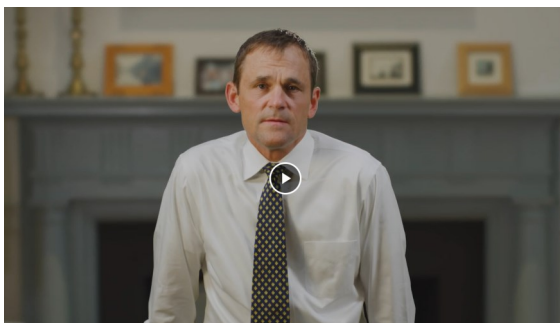
UVA Edge is a one-year, undergraduate experience for working adults. Students learn in-demand, professional skills and earn 20 college credits from UVA.

The typical student is building on a high school diploma, or its equivalent, and has either no college experience or less than three semesters (i.e., less than a year-and-a-half of college). However, students with more college experience can also take advantage of UVA Edge as a way to update their skills.

UVA staff can apply their Education Benefit directly without the need to pay first and seek reimbursement. For the January 2021 cohort, out-of-pocket costs, including materials, will not exceed \$100 per term or \$300 for the entire program. The Team is committed to making the program affordable and potential students can seek additional assistance if the out-of-pocket costs are prohibitive. The total value of the program is \$10,844. See more at edge.virginia.edu

UVA President Jim Ryan Thanks UVA FM Employees

Jim Ryan visited UVA FM this week to see what's new and to offer his thanks for all of your hard work keeping students safe and healthy.



See his video thanking UVA's Custodial workers on National Custodians Day (October 2) here:

<https://bit.ly/3nI9s0h>



Jim Ryan
@presjimryan

From wastewater testing and enhanced cleaning to HVAC optimization and custom printing, there seems to be nothing our Facilities Management division can't do. Thanks for today's visit — & please join me in acknowledging this terrific group of people working hard to keep UVA safe.



Share the post at right:

Twitter:

<https://twitter.com/presjimryan/status/1313288594291859456>

Facebook:

<https://www.facebook.com/presjimryan/posts/3921191094577277>

UVA HR Community Resources' Office Hours for FM employees

Appointments are required. To schedule, contact Stuart Munson by emailing scm5rw@virginia.edu or calling 434-243-3672 or 434-326-6206. Learn more: <https://at.virginia.edu/2JPAESH>

COMMUNITY RESOURCES SERVICE

OFFICE HOURS AT FM



FREE, CONFIDENTIAL RESOURCES TO ASSIST WITH:

- **BASIC NEEDS** SUCH AS HOUSING, CLOTHING, UTILITIES AND FOOD
- ASSISTANCE WITH **PERSONAL BUDGETING** AND FINANCE
- FREE **LEGAL RESOURCES** AND ACCESS TO LAWYERS

SECOND TUESDAY OF EVERY MONTH, 11 a.m.–noon
in Leake lower-level conference room 20

Appointments are required.

To schedule, contact Stuart Munson by emailing scm5rw@virginia.edu or calling 434-243-3672 or 434-326-6206.

CLOTHING DRIVE

DONATE GENTLY USED OR NEW

**COATS * SCARVES * HATS
GLOVES * SOCKS**



STARTING OCT. 19

NOV. 29 DEADLINE

**DROP OFF LOCATIONS: BIN IN LOWER LEVEL LEAKE (NEAR SERVICE DESK)
OR BIN IN HSPP WEST COMPLEX, OUTSIDE CONFERENCE ROOM G032.**

BENEFITS WAYNESBORO AREA REFUGE MINISTRY (WARM) AND VALLEY MISSION · SPONSORED BY AJ AND ADRIENNE YOUNG & FM DIVERSITY, EQUITY, & INCLUSION (DEI)

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>

Virginia C.O.P.E.S.

“Warmline”

Virginia Department of Behavioral Health and Developmental Services has created the Compassionate Optimistic Person-Centered Empowering Support (C.O.P.E.S.) Warmline for anyone experiencing stress, but not an immediate crisis, related to COVID-19.

Call or text 877-349-6428 to access support.



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.

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!



See more: <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

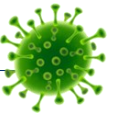
Academic Division and eligible contracted employees who are working on Grounds and completing the required daily [HOOS Health Check](#) can order a free self-administered COVID-19 test from [Let's Get Checked](#).

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.

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.

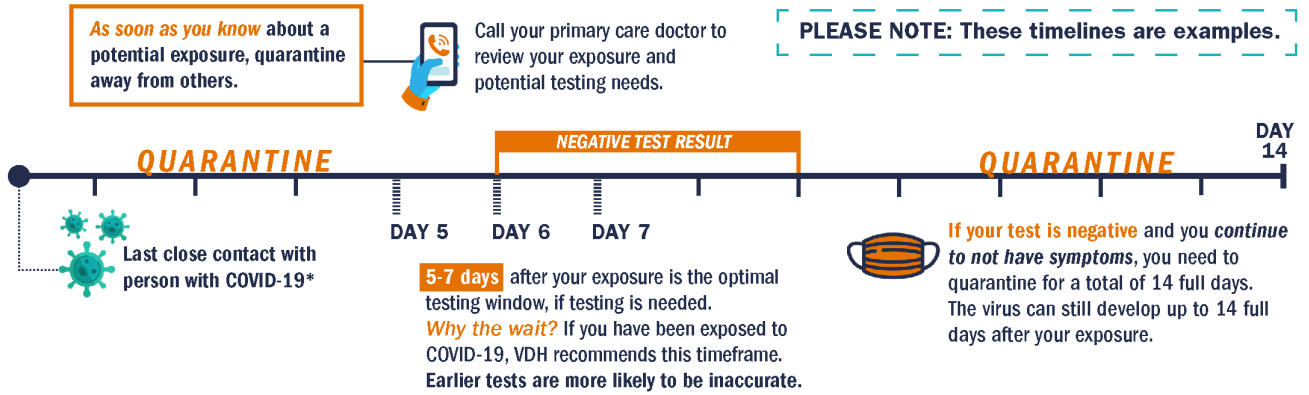
In response to the recent uptick in cases, [UVA has restricted gatherings and travel](#) until at least October 21.

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.

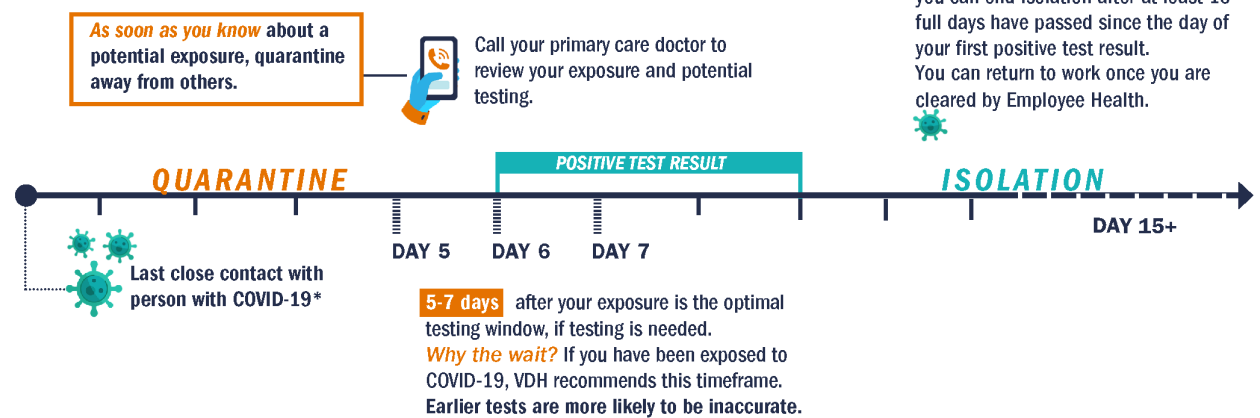
BE I/Q READY



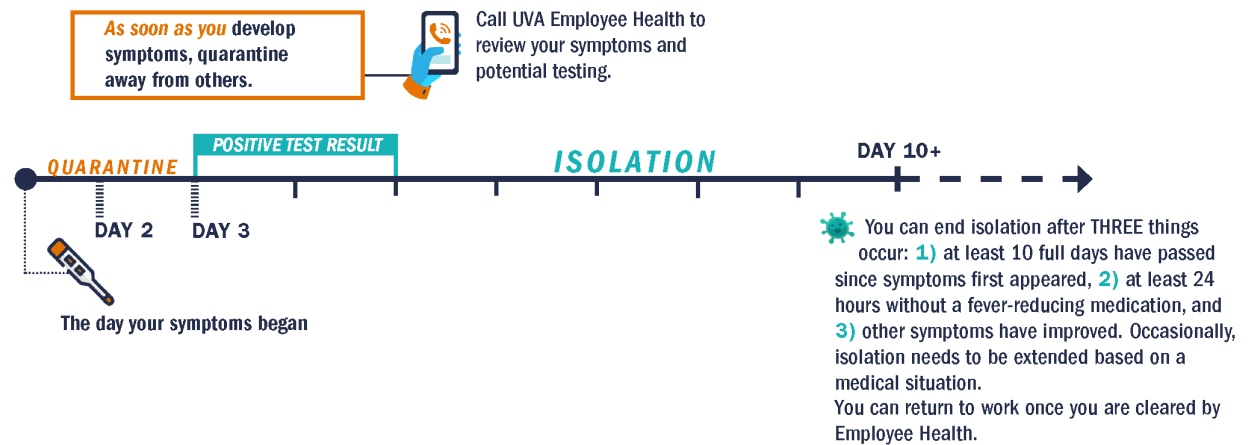
CLOSE CONTACT/NO SYMPTOMS (resulting in a negative COVID-19 test)



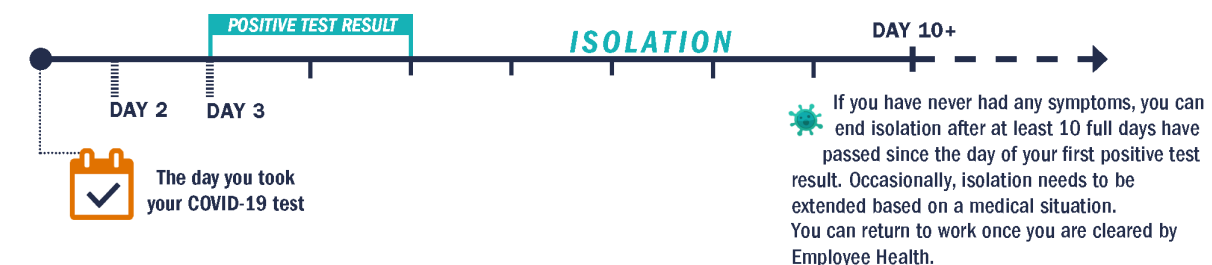
CLOSE CONTACT/NO SYMPTOMS (resulting in a positive COVID-19 test)



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/

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.

