

# Special Edition

## The Health & Safety Minute

A weekly update  
for FM employees

UVA Facilities Management—Occupational Programs

10.16.2020

### 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/3nwg5NF>

### Thank you!

As essential workers, FM employees have been hard at work during the pandemic. OHS is here to support you and keep your workplace safe.

Thank you for transitioning with us to online trainings, toolbox talks, and safety committee meetings, as well as practicing physical distancing for in-person trainings.

If you need to schedule a training, email  
[FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)

### Report COVID-19 Cases in Your Group

Managers & supervisors, in order to support and protect your employees during this new normal, you are required to make a report when your employees call in with COVID-19 symptoms, a positive test result, or have been asked to quarantine.

More info can be found here:  
<https://at.virginia.edu/2Fs0ons>

### UVA's Safety Guidelines Updated & Effective through October 21

On Tuesday, October 13, the guidelines have been updated to allow for group gatherings up to 10. Read more:

<https://at.virginia.edu/2SSI3W1>

Please continue to practice COVID-19 prevention measures to protect you and those around you.

**Employees with COVID-19 symptoms should stay home & call EMPLOYEE HEALTH for guidance: 434-924-2013.**

### New Safety Guidelines

EFFECTIVE ~~SEPTEMBER 23~~ <sup>until October 21</sup> FOR THE NEXT TWO WEEKS

1. Gatherings limited to ~~5~~ <sup>10</sup> 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*

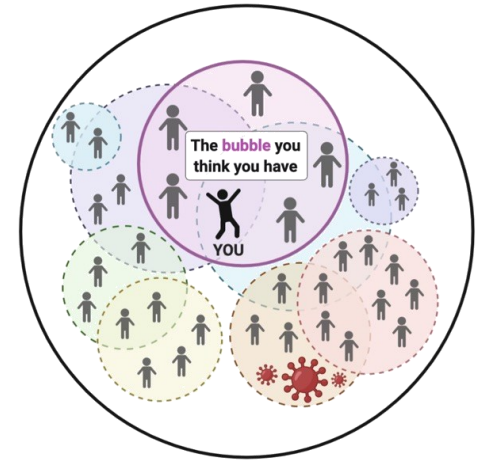
## What to do if:

### You have COVID-19 symptoms:

- Do not report to work.
- Call your supervisor & let them know.
- Call Employee Health at 434-924-2013.
- Follow guidance from Employee Health.
- Keep your supervisor updated.

### You live with someone infected with COVID-19 or were asked to test for COVID-19, or You suspect significant exposure (within 6 feet for greater than 15 minutes) to someone found to be infected, you may be contacted by your local health department with guidance. Otherwise, you should:

- Seek testing through a free [voluntary test](#) provided by UVA or call your primary care provider, [Teladoc](#) or the [Virginia Department of Health](#) for guidance.
- Go home or stay home and quarantine until guidance and/or test results are received. Employees can work from home if they are able.



The bubble you **actually** have

## Complete Your Stormwater Management Training Today!



A required stormwater management training has been assigned to you through [Workday Learning](#). This training is legally required for all FM employees under the terms of one of UVA's stormwater permits. The training will only take 6 minutes of your time and was designed to be quick, easy, and informative. We appreciate your help in completing this training in a timely manner in order to ensure regulatory compliance.

Log into Workday by 10/26/2020 to view and complete the training.

Contact Jess Wenger ([jsw6d@virginia.edu](mailto:jsw6d@virginia.edu)) with any questions you might have about stormwater management and Occupational Training ([fm-training@virginia.edu](mailto:fm-training@virginia.edu)) with any questions you have about Workday Learning.

## 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](https://www.studenthealth.virginia.edu/after-covid-19)

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

## 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.**

## UVA Offers **FREE COVID-19** Testing to Employees

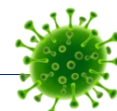
Academic Division and eligible contracted employees who are working on Grounds and completing the required daily [HOOS Health Check](#) can order a free self-administered COVID-19 test from [Let's Get Checked](#).

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:

- 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.

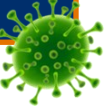
In response to the recent uptick in cases, [UVA has restricted gatherings and travel](#) until at least October 21.

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

## 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>

## Shaping Our Spring

We are grateful for the collective efforts of the University community to prepare and support our successful Return to Grounds this fall. As we look to the spring semester, we have an opportunity to learn from our experiences to date and continue to improve our COVID-19 response services and processes for a safe and effective environment.

You are invited to participate in a “Shaping Our Spring Together” session, sponsored by the Office of the EVP/Provost and the Office of the EVP/COO (facilitated by UVA Organizational Excellence). This interactive session will provide an opportunity to share feedback, insights, and specific ideas for improvements.

For a list of scheduled sessions for students, faculty, and staff and to register, visit <https://organizationalexcellence.virginia.edu/quality-core-network>

Thank you in advance helping us plan and prepare for the Spring.

### COPING WITH CHANGE

#### FEEL YOUR FEELINGS

Grief is natural. Everyone deals with it in their life, and most people are dealing with it right now in some way.

#### PRACTICE MINDFULNESS

Try laying down, closing your eyes, and focusing on your breathing, or go for a mindful walk (pay close attention to the sounds, smells, and sights).

#### KEEP UP NORMAL HABITS WHEN POSSIBLE

Figure out what you can do to keep some things the way they were before COVID-19 hit, like waking up at a certain time every day.

#### THINK AHEAD

Brainstorm some fun virtual events (like an online game night) for the next few weeks and make a list of other things you want to do.

#### STAY CONNECTED

Plan a virtual game night with friends or send friends funny memes more often. It's not the same as hanging out, can help you feel less alone.

LEARN MORE AT  
[MHANATIONAL.ORG/BACKTOSCHOOL](https://mhanational.org/backtoschool)



## How to Fix Annoying Face Cover Issues: Glasses Fogging Up

**Why does this happen?** Your breath escapes from the top of your face cover and lands on the cooler surface of your glasses lens, causing a fog on the lens. This is an indication that it might not be fitting your face well.



### **Solutions:**

- **Look for a face cover with a metal wire** that goes over your nose bridge. Pinch the top of your mask so that it fits the shape of your nose.
- If possible, **tighten the sides of your face cover by adjusting the straps**, so it fits snugly.
- **Put medical tape, a tissue, or an adhesive bandage on the bridge of your nose** under your mask to close the gap between your nose and your face cover.
- **Rinse your glasses with a little soap and water** before putting on your face cover, or **apply special anti-fogging solutions or sprays designed for glasses**. You can find these through FM's PPE vendors, including Grainger and Northern.

## **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](mailto: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.*



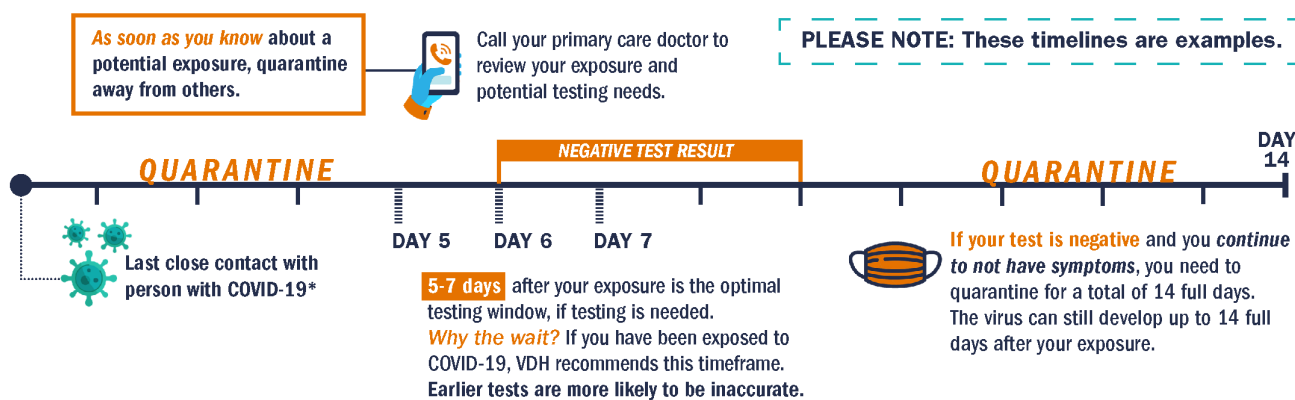
### **IMPORTANT OHS LINKS:**

- **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>

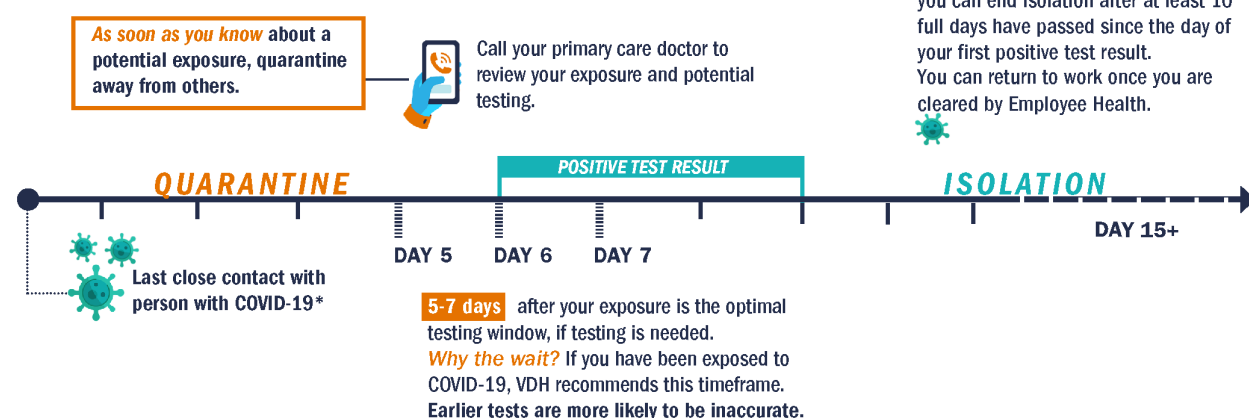
# BE I/Q READY



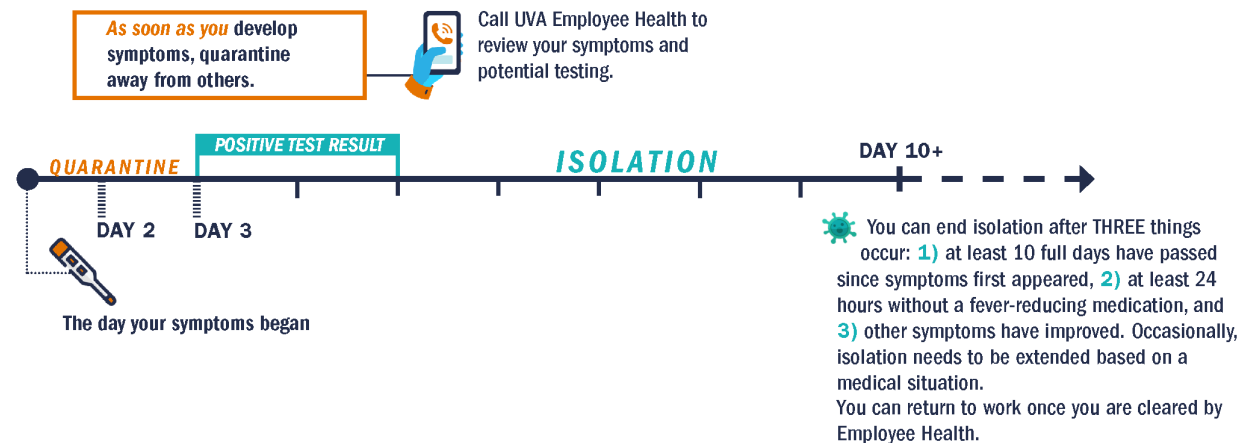
## CLOSE CONTACT/NO SYMPTOMS (resulting in a negative COVID-19 test)



## 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/](https://vdh.virginia.gov/coronavirus/local-exposure/)

## UVA HR Community Resources' Office Hours for FM employees

Appointments are required. To schedule, contact Stuart Munson by emailing [scm5rw@virginia.edu](mailto: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](mailto: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)**

# 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](http://www.TJHD.org) for weather updates.

