

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

10.23.2020

New Normal, Same Hazards

It is time to enjoy the beauty of the fall colors, but **REMEMBER TO TAKE ACTION TO PROTECT YOURSELF AT WORK & AT HOME**.

Common Examples	Sound Pressure Level (dB)
Chainsaw	110
Jack hammer	100
Lawnmower, Leaf Blower	90
Highway traffic	80
Shower	70
Normal human speech	60
Light vehicle traffic	50
Library	40
Whisper	30
Rustling leaves	20
Pin dropping	10
Threshold of human hearing	0

Wear your **HEARING Protection** and **EYE PROTECTION** when using leaf blowers and leaf vacuums.

85 decibel is the Threshold of Hearing Loss

Leaf blower noise at the operator's ears is 90-115 decibel.

If you have questions or would like to request noise sampling done for your job tasks, please email FM-OHS@virginia.edu

October is
NATIONAL
CAREERS
— IN —
CONSTRUCTION
★ MONTH ★
#CICM



THANK YOU, ESSENTIAL WORKERS!

UPDATED: CDC expands definition of a “close contact” of an individual with COVID-19

Wednesday afternoon, the CDC updated the definition of a [close contact](#) to:

Someone who was within 6 feet of an infected person for a **cumulative total of 15 minutes or more over a 24-hour period** starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.



The CDC had previously defined a “close contact” as someone who spent at least 15 consecutive minutes within six feet of a confirmed coronavirus case. **It is important to be aware of how quickly 15 minutes can accumulate within a day among work colleagues.**

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>

Employees experiencing COVID-19 symptoms should call Employee Health at 434-924-2013. *Employee Health has the fastest testing turnaround time for UVA Employees.*

FM Occupational Programs is here to offer support and guidance for supervisors during this time, including next steps for employees at high risk of exposure. Further guidance for managers and supervisors will be released in the coming days. If you have questions, email FM-OHS@virginia.edu

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>

Celebrate Halloween Safely



CORONAVIRUS DISEASE 2019 (COVID-19)



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

COVID-19 - A 10/06/2020

Trick-or-Treating: Limit groups to current household members, consider staying local, and limit the number of houses on your route. **For those putting out treats:**

- **Best Option:** Instead of placing treats directly in the bags of trick-or-treaters or filling communal bowls that multiple hands reach into, individually packaged candy should be arranged in a way that they can be easily grabbed without multiple pieces being touched.
- If you are handing out candy, please limit interaction or contact with trick-or-treaters, **wear a face covering** when individuals come to the door, and regularly wash hands.
- Any candy given out should be commercially packaged and non-perishable.
- Consider coordinating with neighbors to develop a system, such as signs or on/off porch lights, for distinguishing houses participating in trick-or-treating from those that do not wish to participate.

"Trunk-or-Treating" (when children go car to car instead of house to house):

- Wear a face covering.
- Limit the number of participating cars to ensure adequate space for social distancing and help minimize crowds.
- Follow the [outdoor gatherings limitations](#) in effect at the time.
- Design the event in a long line, rather than a circle, to ensure social and physical distancing to discourage crowding.
- Consider having assigned times or multiple shifts to minimize crowding during the event

Other Events:

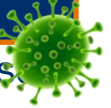
- **Indoor haunted houses should be avoided** because of the possibility of congregation and screaming in close quarters. A better option would be to host an outdoor haunted house without live performers.
- **Avoid large indoor or outdoor Halloween parties**, which are subject to the limitations on indoor and outdoor gatherings, and avoid participation in activities that require close contact and/or shared items such as bobbing for apples.
- **Hayrides** should limit the number of passengers per ride and keep openings to the same party. Any shared materials should be cleaned and sanitized after each use.

Adapted from <https://bit.ly/3dQ8ox0>

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>

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>



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.

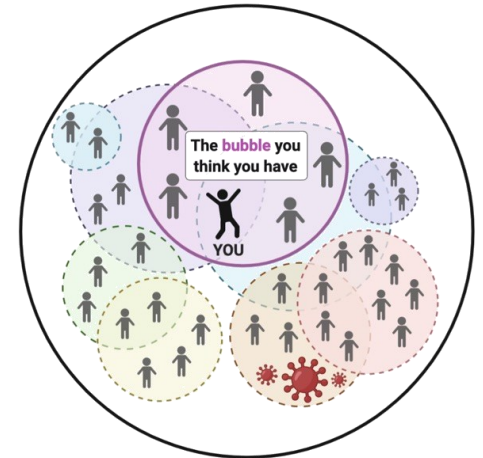
You live with someone infected with COVID-19 or were asked

to test for COVID-19, or You suspect significant exposure

(within 6 feet for 15 minutes or more total within a 24-hour

period) 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) with any questions you might have about stormwater management and Occupational Training (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://](https://www.studenthealth.virginia.edu/after-covid-19)

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

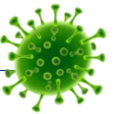
Academic Division and eligible contracted employees who are working on Grounds and completing the required daily [HOOS Health Check](#) can order a free self-administered COVID-19 test from [Let's Get Checked](#).

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:

- **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.

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

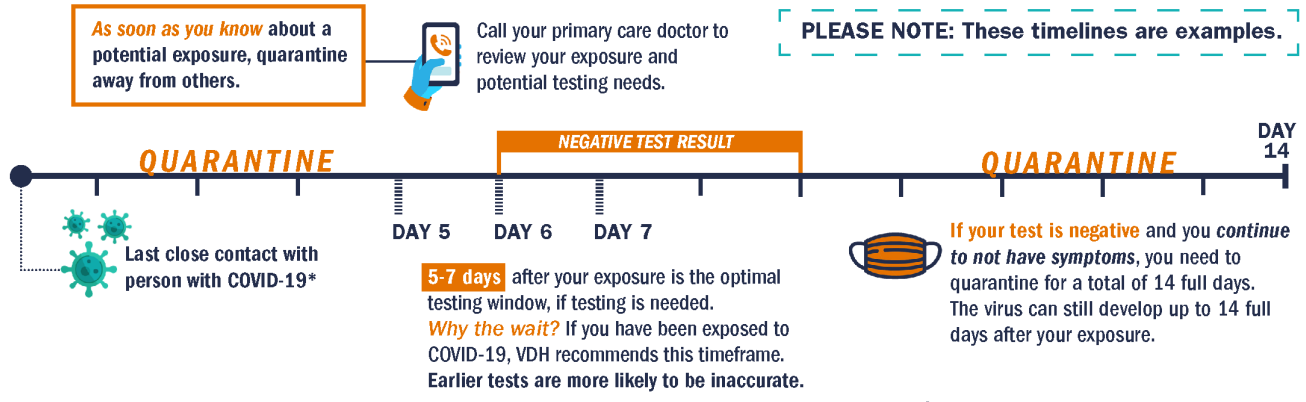
DROP OFF LOCATIONS: BIN IN **LOWER LEVEL LEAKE** (NEAR SERVICE DESK)
OR BIN IN **HSPW WEST COMPLEX**, OUTSIDE CONFERENCE ROOM G032.

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

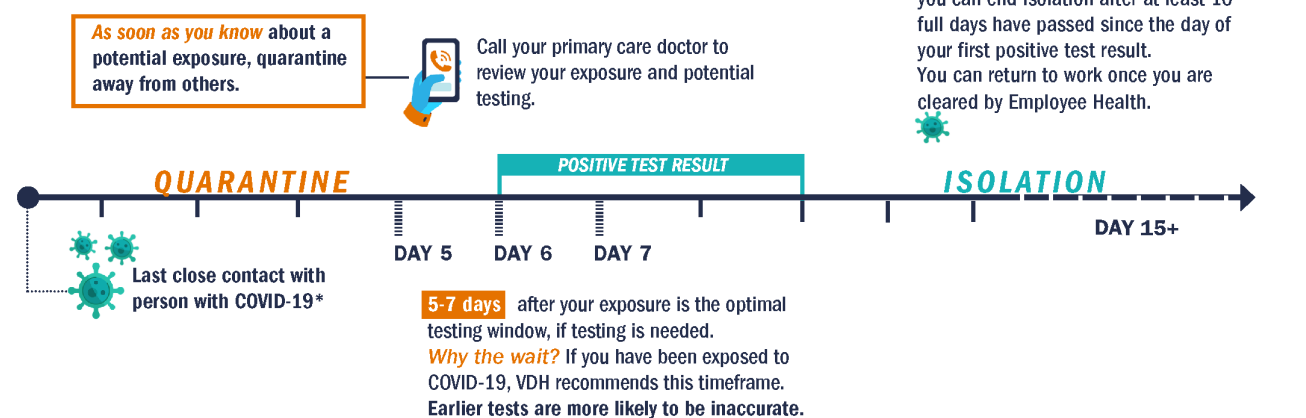
BE I/Q READY



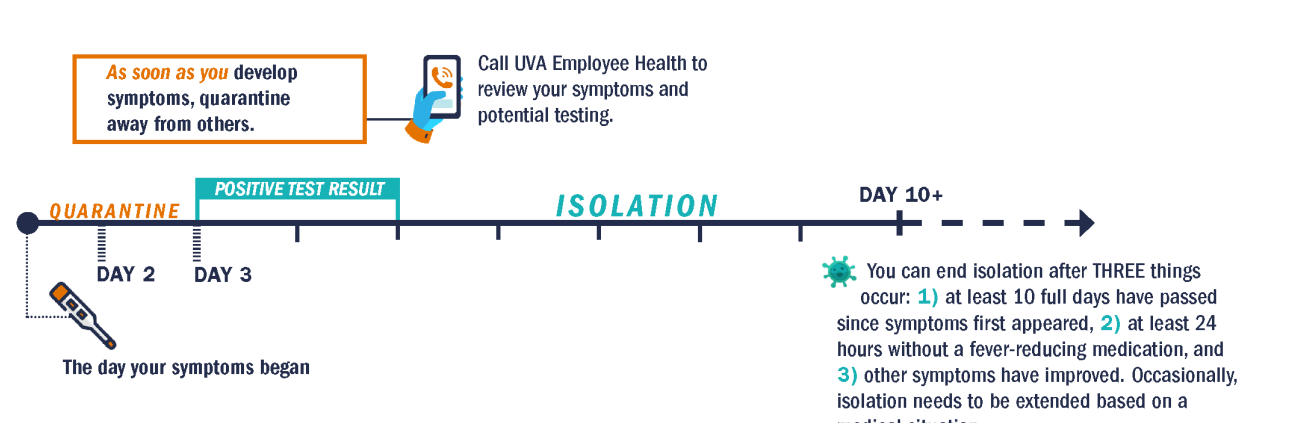
CLOSE CONTACT/NO SYMPTOMS (resulting in a negative COVID-19 test)



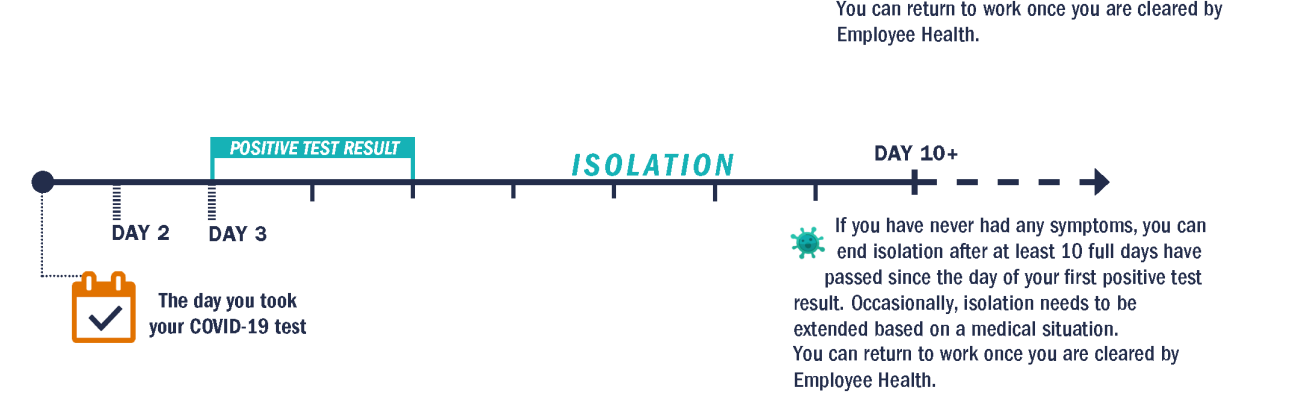
CLOSE CONTACT/NO SYMPTOMS (resulting in a positive COVID-19 test)



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/