



Virginia Tech Alternative Transportation hosts International Winter Bike to Work Day on Feb. 14

The best way to warm up your heart on a cold Valentine's Day? Riding your bike on campus.

In celebration of International Winter Bike to Work Day 2020, all Virginia Tech campus community members are encouraged to bundle up and ride their bikes to work, school, or wherever they may be headed on Feb. 14.

Hosted by the Virginia Tech Alternative Transportation Department, Winter Bike to Work Day celebrates commuters who choose to bike, especially during the winter months, and strives to raise awareness around the many alternative transportation options available at Virginia Tech.

On Feb. 14, from 7:30 – 10:30 a.m., members of the VT community are invited to stop by Lavery Hall Plaza to warm up to cold weather bike riding.

At the pit stop, there will be coupons for a free bagel and coffee from Bruegger's Bagels, Hokie winter bike commuter stickers and other giveaways, information on alternative transportation, and more. Visitors who fill out the quick commuter survey in-person will be given a Heads Up Hokies beanie.

The Alternative Transportation Department is also using this day to remind everyone of the 10 ways for Hokie cyclists to best prepare for winter biking. Included are tips for bike care, tips for the riders, and reminders for the road.

The Hokie Bike Hub will also be open during its regular hours on Feb. 14 from 9 a.m. - 6 p.m.

For event and campus alternative transportation questions, contact the Alternative Transportation Department at gettingaround@vt.edu or 540-231-2116.

The Division of Motor Vehicles returns to Virginia Tech

DMV Connect will return to campus, Thursday, Feb. 20, from 9 a.m.-4 p.m., in room 2410 at the North End Center.

DMV Connect will offer a variety of services including but not limited to:

- Address change
- Driver's license
- ID card (adult, child, veteran)

- Vehicle titles
- Vehicle registrations
- Handicap Parking Permit
- Hunting and fishing licenses

Most importantly, DMV Connect can provide the REAL ID. Beginning Oct. 1, Virginians will need a REAL ID compliant driver's license or ID card - or another federally approved form of identification, such as a U.S. passport or some military IDs - to board a domestic flight or enter a secure federal facility.

Applicants for a REAL ID compliant credential, including current Virginia credential holders, must apply in-person, and pay a \$10 one-time REAL ID surcharge in addition to standard renewal or replacement fees. Driver's licenses and ID cards may be renewed up to one year before the expiration date.

Several documents must be presented when applying for a REAL ID. Please bring physical documentation of:

- Identity and legal presence - such as an: Unexpired U.S. passport OR U.S. birth certificate (original) and, if applicable, proof of name change such as marriage certificates (original signed by clerk of court)
- Social Security Number - a Social Security card or W-2 form that shows all 9 digits
- Two proofs of residency - this can be your valid Virginia driver's license with your current residential street address, voter registration card, recent utility bills, or rental lease agreement or mortgage statement. No P.O. boxes, your proof must show physical address.

Learn more about the REAL ID at: www.dmv.virginia.gov/drivers/#real_id.asp

For more information, contact Hokie Wellness at hokiewellness@vt.edu or 540-231-8878.

University officials monitoring 2019 Novel Coronavirus (2019-nCoV)

Across the globe, there is an ongoing outbreak of respiratory illness caused by a new coronavirus (2019-nCoV) that originated in Wuhan, China. The health and safety of Hokies is of the utmost priority and we are closely monitoring the situation.

The U.S. Department of State and the CDC issued advisories for mainland China because of the 2019-nCoV outbreak on Jan. 27, 2020. In accordance with Virginia Tech Policy 1070, Global Travel Policy,

because of the CDC advisory, no university-supported travel is authorized to China, and no university-supported travel is authorized from China. In extraordinary circumstances, departments can petition the Global Travel Oversight Committee (GTOC) for a waiver for essential travel by contact VTGlobalSafety@vt.edu.

For Hokies on-campus that have recently arrived from China, there is no requirement to self-quarantine. If a community member wishes to self-quarantine, they have the full support of the university and are asked to share that decision with appropriate individuals in their department to coordinate.

If a recent traveler from China experiences a fever, they should seek medical attention immediately either from the Schiffert Health Center (www.healthcenter.vt.edu) or their personal health care provider.

More information: <https://vt.edu/status.html>.

Hokie Wellness offering program for new and expectant parents

Hokie Wellness will offer “Planning for Baby and Returning to Work” for faculty who are expecting the birth of a child or new parents with a child or children under three months.

The program will be held on Tuesday, Feb. 25, from 12-1 p.m. in the Smithfield Room at The Inn at Virginia Tech. All expecting and new parents are welcome to attend including fathers, non-birth mothers and adoptive parents. Topics to be discussed include benefits, leave, and resources available to new parents.

Break service at The Inn will be available and, upon completion of the program, participants will receive a Hokie Wellness/Virginia Tech onesie for their baby.

Registration is required. For more information, contact Hokie Wellness at hokiewellness@vt.edu or by calling 540-231-8878.

University community members asked to double-check VT Alerts contact information ahead of Feb. 18 test

Virginia Tech will conduct a full-scale test of its VT Alerts (www.alerts.vt.edu) emergency notification system on Feb. 18, at all university facilities across Virginia.

The test will occur between 8 a.m. and 4 p.m. During the test, there will also be outdoor sirens with annunciators.

Individuals may subscribe to VT Alerts by visiting the VT Alerts website. The university recently transitioned to a new VT Alerts online interface. The new interface includes a more intuitive process to manage contact methods, increases the quantity of allowable regions, and provides more information about an individual's VT Alerts account. University community members can now sign up to receive SMS with

an international phone number.

All members of the university community are asked to log in ahead of the Feb. 18 test to ensure their contact information and notification preferences, including region, are up-to-date. More information: <https://vtnews.vt.edu/notices/adm-evergreens/ops-VTAalertsTest2019.html>

Flu prevention tips from Schiffert Health Center

As colleges and universities across the nation are in the midst of a busy flu season, Schiffert Health Center at Virginia Tech would like to remind community members of steps they can take to combat flu. Peak flu activity most commonly occurs from December to February, with substantial activity through May. We encourage everyone in the Virginia Tech community – students, faculty, staff, and visitors – to get a flu vaccine. It takes one to two weeks to develop immunity once vaccinated. We also recommend frequent handwashing (especially before touching the face), avoiding contact with ill people, and getting enough sleep to minimize risk.

Controlling the spread of flu: If you are ill with symptoms of flu (sudden onset of fever, muscle aches, headache, dry cough, congestion, sore throat, weakness), we recommend that you isolate yourself until you are fever-free for 24 hours without fever-reducing medications such as acetaminophen or ibuprofen. Flu is highly contagious, and self-isolation is important to help control its spread.

Managing your illness: Unless you are experiencing severe symptoms or have underlying medical conditions such as diabetes or asthma, you may not need to visit the health center. Instead, please call Schiffert Health Center at 540-231-6444 if you have concerns about symptoms or questions about managing your illness. Most young, otherwise healthy adults suffer no severe outcomes of flu other than the misery of symptoms for about a week. We recommend symptom treatment with acetaminophen or ibuprofen, decongestants, and plenty of rest and fluids. Anti-viral medications are usually not necessary unless symptoms are severe or other conditions such as diabetes, asthma, or immunosuppression exist.

When to seek medical attention: Reasons for concern when suffering flu-like symptoms include fever greater than 100 degrees for more than five days, chest pain or shortness of breath, headache not relieved with analgesics, persistent nausea and vomiting, and symptoms that get worse after getting better. These symptoms should prompt you to seek medical attention.

More information about flu is available at the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/flu.

Remember: The best way to combat flu is through prevention. **WE HIGHLY RECOMMEND YOU TO GET A FLU VACCINE AS SOON AS POSSIBLE IF YOU HAVEN'T ALREADY DONE SO.**

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