

## Flu season is coming: Protect yourself and others; get the flu shot

Annual flu vaccination clinics begin Tuesday, Oct. 1, and will run through Nov. 12 at the locations across campus.

According to the Centers for Disease Control and Prevention, flu season in the United States can begin as early as October and last as late as May. Virginia Tech encourages all Hokies to act now to protect yourself and others by getting your annual flu vaccine.

Hokie Wellness flu vaccination clinics: As a service to all employees, Hokie Wellness offers flu vaccination clinics each fall.

- Salaried employees who are covered by state health insurance plans only need to show their insurance card to receive a free vaccine.
- Wage employees may also receive a free flu vaccine by showing their Hokie Passport.
- Students are also welcome to attend; students may need to be prepared to pay \$25 by cash or check if pharmacists aren't able to verify that the student's insurance is accepted.

Annual flu vaccination clinics begin Oct. 1 and run through Nov. 12 at locations across campus. Additional vaccines will be offered at some of the clinics on a first come, first serve basis, including Tdap (tetanus, diphtheria, pertussis), MMR (measles, mumps, rubella), Hepatitis A and B, both pneumonia vaccines, and the new shingles vaccine, Shingrix.

Below is the list of clinics, which are open from 7:30 a.m.-2 p.m., except where noted with a \*:

- Oct. 1: North End Center, room 2410, other vaccines will be available
- Oct. 3: Burrus Hall, room 130
- Oct. 8: VTC, Roanoke, Riverside 2, room M-106, other vaccines will be available
- Oct. 10: Goodwin Hall, room 461
- Oct. 15: Steger Hall, room 118
- \*Oct. 17: New Hall West, lower level training room, 8 a.m.-3 p.m., other vaccines will be available
- Oct. 18: Wiki Conference room, CRC, other vaccines will be available
- Oct. 22: VTTI, conference room
- Oct. 29: North End Center, room 2410
- Oct. 31: Sterrett facility, classroom, other vaccines will be available
- Nov. 5: The Inn at Virginia Tech, Draper's Meadow, other vaccines will be available
- Nov. 7: Wallace Hall atrium

- \*Nov. 12: Squires, Old Dominion Ballroom, 8 a.m.-3 p.m.

Registration ([https://virginiatech.qualtrics.com/jfe/form/SV\\_9RBhxN1OfsRJNg9](https://virginiatech.qualtrics.com/jfe/form/SV_9RBhxN1OfsRJNg9)) is preferred for the flu vaccination but walk-ins are welcome.

In addition, the Virginia Tech's Schiffert Health Center will hold a walk-in flu clinic on Oct. 2, 2019 from 10 a.m. to 7 p.m. in McComas Hall gym. This event is open to the public and is through the Virginia Department of Health.

Other ways to get a flu vaccine: If you are unable to make it to a Hokie Wellness clinic, vaccinations are also available at most local pharmacies and through health care providers.

State health plan members may get a free flu vaccine at pharmacies participating in their health plan's network.

- COVA Care, COVA HDHP and COVA HealthAware members also may receive flu shots at no cost from network physicians' offices and other participating providers.
- Kaiser Permanente HMO members must go to a participating Kaiser medical center.

Visit this page from the Virginia Department of Human Resource Management ([dhrm.virginia.gov/healthcoverage/flushotinformation](http://dhrm.virginia.gov/healthcoverage/flushotinformation)) to find participating providers, and questions and answers on each plan, including information on receiving flu vaccines from non-network providers or pharmacies. If you plan to get your flu vaccine at a pharmacy, be sure to call ahead to confirm the pharmacy is participating in the program and that shots are available. An appointment may be required.

More information about the flu: Vaccination is the best protection against contracting the flu. In addition, we encourage all Hokies to review this information ([emergency.vt.edu/ready/guides/flu.html](http://emergency.vt.edu/ready/guides/flu.html)) from Virginia Tech's Emergency Management Office for guidance on what to do if a flu outbreak occurs.

For questions:

- About Hokie Wellness flu clinics, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or 540-231-8878.
- About flu vaccines and your medical plan, contact your plan provider.
- From students about the flu, contact Schiffert Health Center at [health@vt.edu](mailto:health@vt.edu) or 540-231-6444.

## University closing early Sept. 27

On Friday, Sept. 27, Virginia Tech will host a nationally televised football game. Kickoff is at 7 p.m. in Lane Stadium.

Virginia Tech President Tim Sands has approved the closing of all university offices at 3 p.m. on Sept. 27, with the exception of faculty and staff directly supporting classroom instruction and other critical university operations. Classes will not be cancelled. Employees who are departing campus are strongly advised to remove their vehicles from the parking lots by 3:15 p.m. to avoid the traffic and parking challenges associated with the game.

### Questions

- Information about the authorized closing, contact the HR Service Center at [hrservicecenter@vt.edu](mailto:hrservicecenter@vt.edu) or 540-231-9331.
- Information about parking and transportation, call 540-231-3200 or email [parking@vt.edu](mailto:parking@vt.edu) (during normal business hours) or the Virginia Tech Police Department at 540-231-6411 (after regular business hours).
- Information about reserved Hokie Club lots, call the Athletic Department at 540-231-9963.

## Transition ActiveHealth health and wellness incentive programs by Sept. 30

If members participated in a health and wellness incentive program under ActiveHealth prior to the new plan year, beginning on July 1, they have until Sept. 30 to transition to programs with their current health plan.

ActiveHealth health and wellness incentive programs include diabetes, asthma/COPD, high blood pressure and more. If members fail to contact their current plan, they may be required to re-enroll in the program(s).

For questions, please contact the HR Service Center at [hrservicecenter@vt.edu](mailto:hrservicecenter@vt.edu) or 540-231-9331.

## Facilities Department Apprenticeship Program offers employees long-term career growth opportunities

Nearly 62 percent of organizations surveyed are struggling to fill skilled trade positions in plumbing, electric, masonry, and more. This has been especially true as the number of retiring baby boomers continues to grow.

According to the Bureau of Labor Statistics, jobs in construction, along with health care and personal care, will account for one-third of all new jobs through 2022.

In light of these statistics, the Virginia Tech Facilities Department is taking an active role in bridging these burgeoning skills gaps by tapping into talent already serving in the department.

Through the Facilities Apprenticeship Program launched in 2015, current facilities employees in pay bands 1 or 2 can take advantage of structured learning and paid on-the-job

training in long-term career pathways like plumbing and electric, heavy equipment operation, roofing, trades, and more.

Upon completion of the four-year program, apprentices not only gain full-time jobs within facilities, but highly valued industry skillsets and credentials that will serve them for life.

The Facilities Department is currently seeking new Apprenticeship Program participants. Learn more about the program, including eligibility requirements at: [facilities.vt.edu/about/Apprenticeships.html](https://facilities.vt.edu/about/Apprenticeships.html). Read more: [vtnews.vt.edu/articles/2019/09/ops-apprenticeshipfacilities.html](https://vtnews.vt.edu/articles/2019/09/ops-apprenticeshipfacilities.html).

## Recreational Sports showcases a variety of offerings for students and staff

The Hokie Movement is in full effect as we kick off the semester with a plethora of programs and events.

Our fall Group Exercise schedule offers over 100 classes a week. From cycle to yoga, BODYPUMP to barre and everything between, employees can purchase various levels of access with our Group Exercise Passes. Our fitness team also offers Small Group Training, Personal Training, dance classes and “HokieFit” virtual training to ensure that there truly is something for everyone. Learn more: [recsports.vt.edu/getactive/groupexercise.html](https://recsports.vt.edu/getactive/groupexercise.html).

If you want to learn to swim, work on perfecting strokes, or introduce your children to the water, come swim with us. Our group and private swim lesson sessions begin soon and are offered to all age groups, from parent and child, preschool, youth, and adult. Swim lesson registration: [recsports.vt.edu/youthprograms.html](https://recsports.vt.edu/youthprograms.html).

This semester's Intramural Sports schedule boasts 22 wide-ranging sport offerings. Participants that wish to play can pay \$20 for a full membership that grants access to all team sports, singles/doubles activities and special events for the academic year. Sign up: [recsports.vt.edu/sports/intramuralsports.html](https://recsports.vt.edu/sports/intramuralsports.html).

Venture Out, Virginia Tech's outdoor recreation program, has increased offerings and has doubled the number of trips it will be offering this fall, including new “Green Exercise” programs, tech skills clinics, trail service opportunities, and open registration for the Venture Out Challenge Course. Increased variety of rental gear will also be available. Learn more: [recsports.vt.edu/getactive/outdoorrecreation.html](https://recsports.vt.edu/getactive/outdoorrecreation.html).

Health and safety classes are offered to students, faculty, staff, and community members throughout the year. Registration is currently open for CPR/AED Lay Responder, CPR for the Professional Rescuer and Lifeguard Certification courses. Go to the health and safety page to learn more and sign up, [recsports.vt.edu/wellness/healthandsafety.html](https://recsports.vt.edu/wellness/healthandsafety.html).

View the membership and guest policies: [recsports.vt.edu/visit/membership.html](https://recsports.vt.edu/visit/membership.html). Learn more about our offerings: [recsports.vt.edu](https://recsports.vt.edu).

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