

*The Covid-19 pandemic has had a tremendous impact on our campus and community. The people of UK Facilities Management remain the “boots on the ground” for UK, providing the essential services needed to keep our campus safe, secure, and positioned to respond to the evolving crisis. The strength each of you demonstrate daily is inspiring and represents such courage and compassion. We are in this together and we will get through it together. **Thank you for everything you do.** – Mary Vosevich, Vice President for Facilities Management*

## OUR PEOPLE. ————— OUR STORIES.

### Resources, Opportunities, and Responsibilities for a Healthy Community

*Today's issue highlights several of the campus resources and opportunities related to health and wellness along with a reminder about the required daily screenings. **Protect. Respect. Do your part.***



### FLU SHOTS ARE AVAILABLE FOR STAFF & STUDENTS

Flu shots are mandatory for students this year and students are required to receive the vaccinations by November 6. The shots are also available for free to all campus employees at several convenient locations across campus including UK Retail Pharmacies. If you have a UK Health Insurance Plan you can receive the shot at any retail pharmacy that offers flu shots. Make a plan to get your flu shot, and learn more about your options by visiting: [www.uky.edu/coronavirus/do-your-part/flu-shots/employee-flu-shots](http://www.uky.edu/coronavirus/do-your-part/flu-shots/employee-flu-shots)



Self-care, maintaining and improving our mental and physical health, should always be a priority but it is especially important in these trying times. UK Human Resources, through their **Work-Life Connections Program**, provides a wide array of resources available to all UK Employees. We encourage you to take time this week to do two things. First, learn about the warning signs that commonly indicate that stress and circumstances are negatively impacting your mental health. Second, familiarize yourself with the resources that UK provides to help you regain balance and focus. More info:

<https://www.uky.edu/hr/work-life/counseling/worklife-connections-counseling>



The University encourages all employees to be tested for COVID-19 and receive a flu shot before traveling for the holidays. Time your test to ensure that you receive your results before traveling. UK's testing partner offers free drive-through and walk-up testing at two locations: near Kroger Field at 1505 College Way and at Eastern State Hospital at 1350 Bull Lea Road. Visit <https://wildhealthcovid19testing.as.me/schedule.php> to schedule an appointment. Testing at these sites are available 8 a.m. - 4 p.m., seven days a week.

### DON'T FORGET YOUR DAILY SCREENINGS



Thanks to UK Wellness, there is now an App that can be used to make completing the daily screenings even more convenient. The app will work on any mobile device, including smartphones, iPads and tablets for both Android and iOS. Follow these directions to download the app: **Go to your device's App Store - Search UK Wellness Review - Download the app.**

### Photo Friday – Celebrating our Veterans



This weeks Friday photo collage will be dedicated to photos of our staff and the family members of staff members who have served, or are serving, in the US Armed Forces. Please submit photos to [shane.tedder@uky.edu](mailto:shane.tedder@uky.edu) by midnight on Thursday. At left, Harold Sanford (US Army) seconds before his first jump.