




*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.

IS IT A COLD, THE FLU, OR COVID-19? It is natural to feel anxious at the first sneeze or cough, know the signs and symptoms of each to protect your self and others. This graphic developed and distributed by the College of Agriculture, Food, and Environment’s Cooperative Extension Service.

COLD 	FLU 	COVID-19 
Common Symptoms Runny nose, sinus congestion, mild cough caused by postnasal drip.	Common Symptoms Fever, chills, muscle aches, and fatigue.	Common Symptoms Fever, dry cough, shortness of breath, loss of taste or smell.
Uncommon Symptoms Fever, shortness of breath, or difficulty breathing.	Uncommon Symptoms Shortness of breath or difficulty breathing.	Uncommon Symptoms Sneezing, runny nose, or sinus congestion.
Onset Gradual, within 1-3 days of exposure.	Onset Sudden, within 2-4 days of exposure.	Onset Within 2-14 days of exposure.



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 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>

PROTECT. RESPECT. DO YOUR PART.



WEAR A MASK



WASH YOUR HANDS



PHYSICAL DISTANCE



DAILY SCREENING

