**Employee Update - July 16, 2021**

I’m Mary Hightower and this is your employee update.

COVID cases are on the upswing in Arkansas. Don’t take this lightly.

First, we want to remind all employees that if you don’t feel good; if you’re running a fever or have other symptoms of illness — whether you suspect COVID or something else — please don’t come to work. You need to recover and we don’t want any bugs spreading around the office. ­

Back to COVID for a minute: the Delta, Delta-plus and Lambda variant are all in the United States. Symptoms for Delta are similar to the original virus but may be milder. These include headache, fever, runny nose, sneezing and sore throat. Symptoms for lambda are still being determined, but still include fever, dry cough, and a change in your ability to smell or taste.

Unlike the first round of COVID, we are seeing the Delta variant affect younger age groups — those in their 20s, 30s, and 40s — much more severely.

The bottom line is this: If you do have a fever or other symptoms and suspect COVID, be sure to fill out the [COVID reporting form](https://uada.formstack.com/forms/covid19_reporting_form) and let your supervisor know.

This would be a good time to remind everyone that the UA System is allowing **eligible** employees up to 80 hours if they have COVID or are caring for a family member with COVID. Or, if you’re up to it, arrange with your supervisor to work from home until you’re feeling better, so you can save leave time.  **For more information regarding this leave contact****nsalter@uada.edu****.**

Be sure to check out the division COVID page for employees:

We recommend getting vaccinated. If you received your first shot, be sure you get the second one. And if you feel comfortable doing so, return to mask-wearing, especially in face-to-face situations with people you hadn’t seen in a while.

There are discussions about the potential for booster shots for COVID, so stay tuned.

Be sure to check our public COVID vaccination info page (QR code) for updates.

Thanks for listening and we’ll catch you next time.