



PHYSICIANS QUALITY CARE

Your Healthy Workplace

November 2022



Schedule new mobile clinic at your place

OCCMed's self-contained, mobile clinic arrives at your work place staffed and equipped to provide quality medical care.

A nurse practitioner and a medical tech staff the state-of-the-art clinic.

Services include DOT and pre-employment physicals, fit-for-duty testing, sick visits, drug screens, hair and breath-alcohol tests, pulmonary function and respiratory fit tests, blood work, vaccinations, hepatitis B titers and COVID tests.

Schedule the mobile clinic by contacting OCCMed Director Jennifer Carmack at jennifer@physiciansqualitycare.com or 731-984-8400.

Flu strikes early this year



Health officials are reinforcing their recommendations for people to get flu vaccines as this year's strain picks up its pace across the United States.

According to the Centers for Prevention and Disease Control, there haven't been this many cases of influenza so early in the season since 2009.

Pockets of the flu have closed schools and emptied businesses across the country.

If you are still needing flu vaccines for your employees, Physicians Quality Care OCCMed will provide flu shots at your workplace when it best fits your company's schedule. We can also give shots at our clinic.

The best way to reduce a person's risk from seasonal flu and its potentially serious complications is to get vaccinated every year. Those who haven't gotten a flu shot yet, should do so soon — it takes about two weeks to reach optimal immune protection after receiving a flu vaccination.

Preventing flu

The CDC also recommends everyday preventive steps to stop the spread of flu and other germs ...

- ▶ Avoid close contact with people who are sick. If an employee gets the flu, encourage him to go home and not return until his fever is gone for at least 24 hours.

- ▶ Cover coughs and sneezes. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- ▶ Avoid touching your eyes, nose, and mouth. Germs spread this way.

- ▶ Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

- ▶ Schedule employee flu shots at jennifer@physiciansqualitycare.com or 731-984-8400.

Source: CDC

Physicians Quality Care OCCMed

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Office Hours: 9 a.m. - 5 p.m. Monday to Friday

Clinic Hours: 7 a.m. - 7 p.m. weekdays

On-site Services: Available 24/7 by arrangement

jennifer@physiciansqualitycare.com | occmedjackson.com

Caution: Holiday eating ahead

Post in
employee
breakroom

The feasts and parties that mark the holiday season can tax the arteries and strain the waistline. By eating just 200 extra calories a day — a piece of pecan pie and a cup of eggnog here, a glass of punch and butter cookies there — you could pack on two to three pounds over this five- to six-week period.

It may not sound like much, but few people shed that extra weight in the following months and years.

By practicing a bit of defensive eating and cooking, you can come through the holidays without making “go on a diet” one of your New Year’s resolutions.

■ **Budget wisely.** Don’t eat everything at feasts and parties. Be choosy and spend calories on the foods you love.

■ **Take a few second seconds for your brain** to get the “I am full signal” before going back for seconds.

■ **Don’t stand next to the food table.**

■ **Don’t leave home with an empty tank.** Eat something ahead of time.

■ **Avoid alcohol on an empty stomach.** Alcohol increases your appetite and diminishes your ability to control what you eat.

■ **Put on your dancing (or walking) shoes**



to burn some of those extra calories.

■ **Make room for veggies and fruit.**

■ **Be buffet savvy.** Wander ‘round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.

Source: Harvard Health



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Address Service Requested

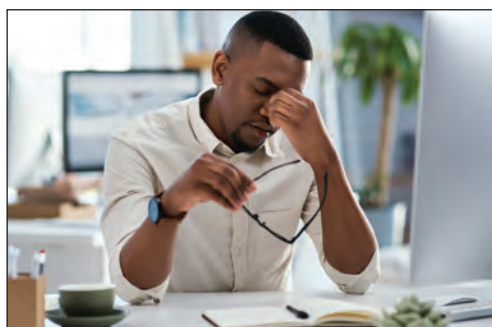
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Eye strain? Practice the 20-20-20 rule

Staring at a computer screen endlessly can lead to dry, irritated, tired eyes and headaches.

But there’s a quick fix. Just look away from the screen every 20 minutes. Do this for at least 20 seconds, and look about 20 feet in the distance.

Experts have suggested the 20-20-20 rule for a long time. Now, researchers have validated its usefulness in a study that used special software to monitor participants’ gaze for



two weeks.

At least half of the people who sit in front of computers all day have some form of digital eye strain, the researchers said. That may be because humans typically blink about 15 times a

minute, but when looking at a screen that drops by about half.

Spending just 20 seconds focusing elsewhere is long enough for the eyes to relax and reduce the strain.

Source: HealthDay News

We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays and EKGs