

Your Healthy Workplace

A Monthly Newsletter • January 2019

Could it be the flu?

The sooner you find out if you have the flu, the sooner you'll get better. You'll also be less likely to spread the flu misery to others.

Flu symptoms

Flu, which is different from a cold, can cause mild to severe illness, and at times can lead to death. Flu usually comes on suddenly.

People who have flu often feel some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea and vomiting. And though fever is a symptom of the flu, it's important to note that not everyone with flu will have a fever.

Stay home and avoid contact

If you get sick with flu symptoms, you should stay home from work, school, social events and public gatherings so you are less likely to spread the flu to others.

Studies show that prompt treatment with antiviral drugs can prevent serious complications. Prompt treatment can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

The benefit of antiviral treatment is greatest if treatment is started within two days after the onset of illness.

How long?

The U.S. Centers for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after your fever is gone – except to get medical care or necessities.

Most people who become sick will recover in a few days to less than two weeks, but some people may become more severely ill.

Following flu infection, moderate complications, such as secondary ear and sinus infections, can occur. Pneumonia is a more serious flu complication.

Those at higher risk for complications include people who are over 65, children under 2,

Flu treatment & shots

If you are suffering from the flu, turn to Physicians Quality Care. Our clinics in Jackson and Milan are open 7 a.m. to 11 p.m. every day of the week. You can check in online at physiciansqualitycare.com, tell us when you plan to arrive, and we'll be ready for you. No appointment is necessary.

And, yes, we still have the flu vaccine at our clinics if you want protection from the flu.

pregnant women, and people with certain chronic medical conditions.

Spreading the flu

When infected people cough, sneeze or talk, they can spread influenza viruses in respiratory droplets to people who are nearby.

People might also get flu by touching a contaminated surface or object that has flu virus on it and then touching their own mouth or nose.

So, if you have the flu, stay away from others as much as possible. Cover coughs and sneezes with a tissue or wear a face mask. Wash your hands often.

Source: CDC



Physicians Quality Care

2075 Pleasant Plains Ext. • Jackson, TN 38305
Office: 731.984.8400 • Fax: 731.984.8305
Milan: 15463 S. First St. 38358 • 731.686.8688

Office Hours: 9 a.m. – 5 p.m. Monday to Friday
Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday
On-site Services: Available 24/7 by arrangement
jennifer@physiciansqualitycare.com • occmmedjackson.com

Setting up DOT physicals should not be a logistical challenge

The next time you need to schedule a large number of Department of Transportation physicals for your drivers, you need only make one phone call or write one email.

Physicians Quality Care OCCMed will do the rest.

We'll set up the physicals for you, and our medical examiners will come to your site to do them all at one time.

We'll also fill out the necessary paperwork, including certificates of health for each driver, and get the results back to you the

same day we do the physicals at your site.

Contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.



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
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs



Physicians Quality Care
P.O. Box 12197
Jackson, TN 38308

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We're a nation of couch potatoes

Nearly half of Americans sit far too many hours a day and don't get any exercise at all, a new study finds.

A survey of some 5,900 adults found that nearly 26 percent sit for more than eight hours a day, 45 percent don't get any moderate or vigorous exercise during the week, and about 11 percent sit more than eight hours a day and are physically inactive.

Being sedentary increases the risk for heart disease, high blood pressure and dying early, the researchers said.

When people sit, they deactivate the large

muscles in their legs, and this has a host of metabolic consequences that seem to be harmful.

Better efforts are needed to get people moving, the researchers said.

Programs that increase physical activity and reduce sitting might be especially effective at reducing health risks.

The U.S. Physical Activity Guidelines for Americans say that any amount of physical activity – even two minutes' worth – can add up to huge health benefits. The guidelines point out:

Physicians Quality Care OCCMed can help you set up a company wellness program that includes exercise, weight loss, education and more. Contact OCCMed Director Jennifer Carmack at 731.984.8400 or jennifer@occmcdjackson.com.

▶ A single bout of physical activity can sharpen your mind, reduce your anxiety, lower your blood pressure, improve your sleep and strengthen your body's ability to convert blood sugar into energy.

▶ Regular physical activity can improve your brain health, reduce your risk of eight different forms of cancer, and lower your risk for excess weight gain.

▶ Chronic health conditions improved by physical activity include osteoarthritis, high blood pressure, type 2 diabetes, anxiety and depression.

Source: HealthDay News

