



# Your Healthy Workplace

A Monthly Newsletter  
October 2019



## Flu season is here!

### Protect your employees now so they don't get sick

**A**lthough no one knows yet how severe this flu season will be, now is the time to get vaccinated, health officials say. "Flu is incredibly unpredictable," said Lynnette Brammer, leader of the domestic influenza surveillance team at the U.S. Centers for Disease Control and Prevention.

Last year was a perfect example of that. "We saw something we had never seen before," she said. "We saw two waves of influenza."

Both waves included the influenza A strain H3N2, which is a particularly severe type of flu. The first wave was well matched to the vaccine, but the second wave saw a changed H3N2, for which the vaccine was less effective, she said.

Schedule your on-site flu shots by contacting Jennifer Carmack, OCCMed Director, at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

This year's vaccine has been tweaked to account for the changes in the H3N2 virus, and the influenza A strain H1N1 has also been updated, Brammer explained.

As far as B flu strains are concerned, this year's vaccine is like last

year's because these viruses haven't changed. "It looks like we're ready for this season," Brammer said.

"Vaccination is our best tool against flu, and now's the time to start getting vaccinated."

People need to get vaccinated each year, not only because the vaccine has changed, but because your immunity wears off, she explained.

The CDC recommends that everyone aged 6 months and older get a flu shot.

Brammer said that some people think the vaccine isn't very effective, so they skip getting it. Even if the vaccine isn't as effective as the CDC would like, it still protects millions from getting the flu, Brammer said.

Even if you get sick, the vaccine makes your illness less severe, reducing the need to be in the hospital.

*Source: HealthDay News*

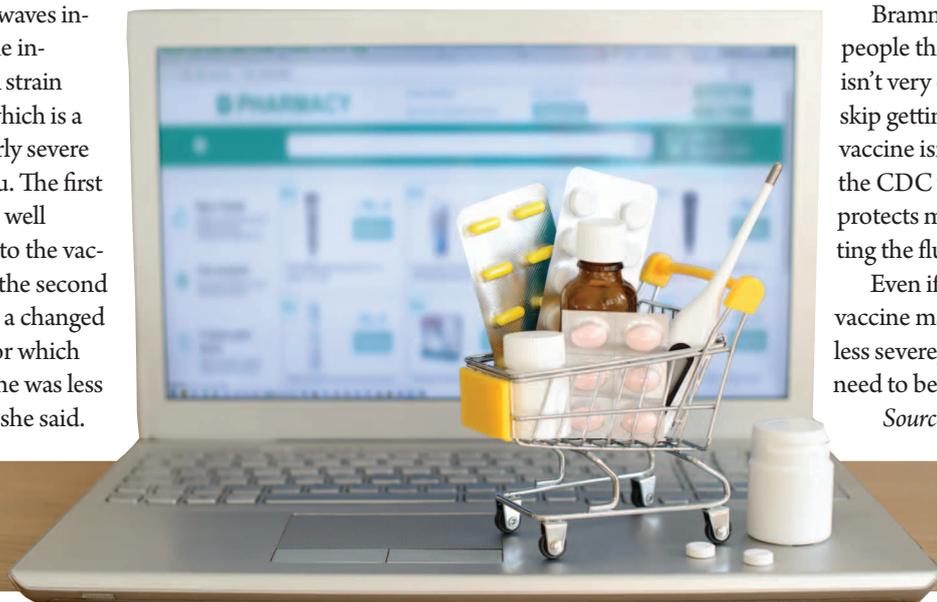
### We deliver ...

**O**ur occupational health team will come to your workplace on your schedule.

Services include ...

- DOT Physicals
- Active Shooter Training
- Audiograms
- Immunizations
- Safety Training
- Health Fairs
- Clinics
- Drug Screenings

For a complete list, visit [occmcdjackson.com](http://occmcdjackson.com). Or contact us at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400.



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## The walls are going up in OCCMed's expansion

Construction continues as we add about 4,000 square feet to our OCCMed clinic. When the project is done in early 2020, we'll have more space for our growing OCCMed business and for other Physicians Quality Care services.



## 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



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## The benefits of physical therapy

**P**hysical therapy programs are customized to your needs with specific exercises designed to help you heal, return to the activities you love and keep you from re-aggravating your injury.

You'll benefit from one-on-one attention, which is important since each person responds differently to an injury and improves at his or her own speed.

Other goals include reducing pain and improving flexibility, mobility and range of motion.

Your physical therapist will continually assess your recovery and adapt exercises as you progress from the repair phase, in which your body repairs the damaged tissue, to the remodeling phase, when your body strengthens that new tissue.

You'll also learn any needed adaptations for your favorite activities, and exercises that will enable you to continue with them when you get the green light.

*Source: HealthDay News*

**Physicians Quality Care physical therapists not only help workers recover from injuries, they also will assess the specific ergonomics at your workplace to help employees avoid injuries.**

**Our physical therapists will develop tailor-made, pre-shift stretching and flexibility programs for em-**

**ployees and provide on-site job description analyses. Employees can easily go through these exercises in five to 10 minutes before starting their jobs.**

**If you want to lower employee injuries and health costs with a pre-shift flexibility program, contact us at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).**

