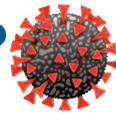




# Your Healthy Workplace

## December 2020

### Is it COVID-19, the flu or a cold?



**M**any symptoms of a common cold, flu and COVID-19 overlap, including fever, sneezing, cough and fatigue.

Basically, compared to the flu and COVID-19, the common cold is usually a mild illness. Common symptoms include runny or stuffy nose, sneezing, sore throat, cough, sinus congestion and postnasal drainage.

The flu can cause mild to severe illness or even death. Common symptoms include high fever, sore throat, cough, shortness of breath or difficulty breathing, muscle aches or weakness, fatigue, nausea, vomiting or diarrhea.

One symptom that seems to be unique to COVID-19 is a loss of sense of smell or taste. Other symptoms include high fever, cough, shortness of breath or difficulty breathing, muscle aches or weakness,

fatigue, nausea, vomiting or diarrhea.

However, the only way to know for sure what you have is to be tested.

Symptoms	COVID-19*	Flu	Cold
Onset of Symptoms	2-14 days after exposure	Gradual onset	Abrupt onset
Length of Symptoms	7- 25 days	Less than 14 days	7-14 days
Cough	Common (usually dry)	Common (mild)	Common (usually dry)
Shortness of Breath	Sometimes	No**	No**
Sneezing	No	Common	No
Runny or Stuffy Nose	Rare	Common	Sometimes
Sore Throat	Sometimes	Common	Sometimes
Fever	Sometimes	Short time	Common
Tired & Weak	Sometimes	Sometimes	Common
Headaches	Sometimes	Rare	Common
Body Aches, Pains	Sometimes	Common	Common
Diarrhea	Sometimes	No	Sometimes for children
Chills/ Shivering	Sometimes	No	Sometimes
Loss of Taste/ Smell	Sometimes	Rare	Rare

*\*Information about COVID-19 is evolving. \*\*Allergies, colds and flu can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, CDC.*

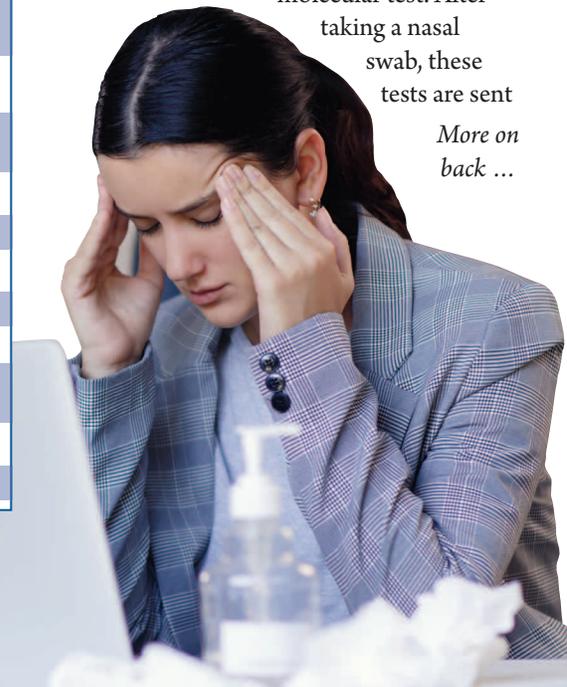
### Testing for COVID-19

**P**hysicians Quality Care OCCMed can test your employees two different ways to find out if they have the coronavirus. We also have a third test that can help determine if your employee has had the virus.

We now offer the COVID-19 Rapid Test, a nasal swab that gives results in 15 to 20 minutes. We can do this test at your workplace if you have a group of employees who need to be tested. Or, employees can come to our OCCMed Clinic to get the test.

We also continue to offer the RT-PCR molecular test. After taking a nasal swab, these tests are sent

*More on back ...*



**Physicians Quality Care OCCMed**  
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 Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday  
 On-site Services: Available 24/7 by arrangement  
[jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) • [occmmedjackson.com](http://occmmedjackson.com)

# Keeping the workplace safe

## Encourage employees to ...

### Practice good hygiene

- ▶ Stop handshaking – use other noncontact methods of greeting.
- ▶ Clean hands at the door and schedule regular hand washing reminders by email.
- ▶ Create habits and reminders to avoid touching faces and to cover coughs and sneezes.
- ▶ Disinfect surfaces like doorknobs, tables, desks and handrails regularly.
- ▶ Increase ventilation by opening windows or adjusting air conditioning.

### Handle food carefully

- ▶ Limit food sharing.
- ▶ Strengthen health screening for cafeteria staff and their close contacts.
- ▶ Ensure cafeteria staff and their close contacts practice strict hygiene.

### Meetings

- ▶ Use videoconferencing for meetings when possible. When not possible, hold meetings in open, well-ventilated spaces.
- ▶ Assess the risks of business travel.

- ▶ Consider adjusting or postponing large meetings or gatherings.

### Employees should stay home if...

- ▶ They are feeling sick.
- ▶ They have a sick family member at home.

**Remember ... Flu shots are the best way to prevent the spread of flu at your workplace. Contact Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) to schedule employee flu shots.**



**Physicians Quality Care**  
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*Address Service Requested*

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmcdjackson.com](http://occmcdjackson.com)

## Testing for COVID-19

to a laboratory; results are usually back in two to three days.

Employees who feel they have been exposed or are experiencing symptoms, can drive to our OCCMed Clinic on Pleasant Plains Extended in Jackson and park in one of three designated parking spots next to the large red truck outside of our clinic.

These parking spots are only for OCCMed patients who are symptomatic or feel they may have been exposed to the virus.

Once there, the employee can call us (731-984-8400, option 3) and we will come out to the car to do the test.

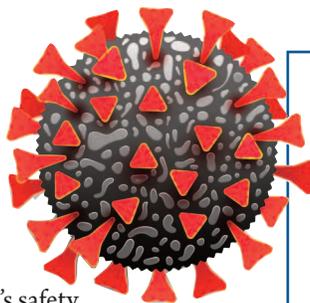
Employees who are not symptomatic or haven't been exposed can come inside the

*... Continued from front*

OCCMed Clinic for their test. We practice social distancing and wear masks for everyone's safety.

The third test we offer is an antibody test that can determine if the employee has had the coronavirus.

Physicians Quality Care OCCMed is open 7 a.m. to 9 p.m. weekdays. Tests needed between 9 to 11 p.m. or on weekends are done through our urgent care clinic next door. Again, patients who feel they are symptomatic or may have been exposed should call from the parking lot: 731-984-8400, option 1.



## 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