



# Your Healthy Workplace

October 2021



## PCR molecular COVID-19 tests available with results in 30 minutes

The PCR molecular COVID-19 test is the test most often required in order to return to work, to school, for travel, prior to elective surgery, and to comply with new federal mandates. Up until now, this send-out test has taken three or four days to report results.

Physicians Quality Care can get your PCR test results while you wait in about 30 minutes. Testing is available without appointment at both our Jackson and Milan locations — although calling ahead may potentially decrease your wait time — or we can come to your workplace with prior arrangement.

Our OCCMed clinic in Jackson has

designated parking near the bright red Mack truck for those with symptoms or documented prior exposure who need to be swabbed in their car. Simply call 731-984-8400, option 3, when you arrive and we'll be right out.

Asymptomatic patients or those without known exposure should come inside for testing.

Our OCCMed clinic is open 7 a.m. to 9 p.m. weekdays and 9 a.m. to 2 p.m. Saturday. PCR tests, however, are available without appointment at both urgent care facilities in Jackson and Milan from 7 a.m. to 11 p.m., seven days a week.

Contact OCCMed Director Jennifer Carmack to find out more.

## Flu vaccinations protect employees and your bottom line

As you consider whether you should schedule flu vaccinations for your employees at your worksite, consider the costs if you don't make it easy and convenient for employees to get their flu shots.

An annual flu vaccine is recommended for all people six months and older, with some exceptions. And people with underlying health conditions are at a higher risk of getting the flu and having serious complications.

### Consider the benefits of workplace vaccination

#### For Employers:

- Reduces costs by decreasing time missed from work to get vaccinated
- Reduces costs by reducing absences due to illness, resulting in improved productivity
- Vaccination often already covered under employee health plans
- Improves morale

#### For Employees:

- Reduces absences due to sickness and doctor visits
- Improves health
- Convenience
- Improves morale

### Set up employee flu shots

The flu not only makes employees and their families sick, it also disrupts the workplace and effects your bottom line when people can't work because of sickness.

Contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-784-8400 to schedule employee flu shots.

### Physicians Quality Care OCCMed

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. weekdays; 9 a.m. - 2p.m. Saturdays

On-site Services: Available 24/7 by arrangement

[jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) | [occmmedjackson.com](http://occmmedjackson.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
- ▶ 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

## Clinic will travel to your worksite

We're getting closer to having our mobile clinic ready to provide scheduled, primary care at your worksite.

The new mobile clinic, with the latest equipment and supplies, will operate on a schedule, visiting worksites once a week, every other week or whatever frequency works best for that employer.

When the mobile clinic is at a worksite at its scheduled date and time, doctors and

nurses can provide primary care, drug screenings, pre-employment physicals, urgent care, flu shots and other services.

The mobile clinic is not an "on call" clinic that will come to your plant in an emergency. A minimum time for the mobile clinic to be onsite will be set up with each employer.

To get on the mobile clinic's schedule, contact Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



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

## Our brains aren't built to multi-task

In this high-tech, high-pressure age, multitasking has become a national pastime. No matter where we are or what we're doing, we can always add one more ball to the juggling act. Many people regularly check their iPhone while they're in a restaurant, ignoring their family while they catch up on emails or Tiktok.

"Because of all of the new electronic gadgets like iPhones and other devices, multitasking has exploded, said David Meyer, Ph.D., a professor of psychology, cognition and perception at the University of Michigan.

Doing several tasks simultaneously may seem like the height of efficiency — and it would be, if a person had more than one brain. In the real world, multi-

tasking actually wastes time and reduces work quality, Meyer said.

Missed deadlines and shoddy work may get a person fired, but they're not the most worrisome consequence of multitasking.

Juggling tasks can be very stressful, and, in the short term, stress makes you feel lousy.



In the long term, it can become a serious threat to health — and that's not even counting the dangers of sending a fax while changing lanes.

"The brain is not equipped to do heavy-duty multitasking," Meyer said. "Multitasking is especially futile if the different activities use the same part of the brain."

*Source: HealthDay*