PHYSICIANS QUALITY CARE

Your Healthy Workplace

NOVEMBER 3, 2026

Don't let flu take over your workplace

Take these steps to prevent the spread of flu at work

✓ Encourage all employees to get up to date on their recommended vaccines, including getting a seasonal flu vaccine each fall. The Centers for Disease Control and Prevention recommends everyone 6 months and older get an annual flu vaccine. The vaccine is the best way to prevent getting the flu.

✓ Host a flu vaccine clinic at your workplace to make it convenient for employees to get the shot. Physicians Quality Care OCCMed will set up the clinic when it is most convenient for you.

✓ Develop and review sick leave policies that encourage sick workers to stay at home without fear of any reprisals.

✓ Advise employees to stay home if they are sick until both are true: symptoms are getting better overall and at least 24 hours have passed after fever (temperature of 100° or higher) is gone without the use of fever-reducing medicines.

✓ Sick employees should be asked to go home.

✓ Develop flexible policies to allow workers to telework (if feasible) and create other leave policies to allow workers to stay home to care for sick family members or care for children if schools close.

✓ Tell employees who are well, but who have a sick family member at home with the flu, that they can go to work as usual. These employees should monitor their health every day, and notify their supervisor and stay home if they become sick.

✓ Provide resources, such as tissues, no-touch trash cans, hand soap and hand sanitizer, that promote preventive actions to reduce the spread of flu.

✓ Encourage hand hygiene by providing education and reminders about washing hands, and easy access to running water and soap or alcohol-based hand rubs.

✓ Improve air quality by bringing in fresh outside air and purifying indoor air. Cleaner air can reduce the risk of exposure to viruses.

✓ Clean frequently touched surfaces, such as countertops, handrails, and doorknobs regularly to help reduce the spread of respiratory illnesses.

Source: Centers for Disease Control and Prevention

Physicians Quality Care OCCMed will come to your worksite at your convenience to give employees flu shots. Schedule our visit by contacting us at 731-984-8400 or occmed@physiciansqualitycare.com.

If an employee or family member feels like they may have the flu, an early diagnosis will speed recovery. Our clinics in Milan and Jackson are open 7 a.m. to 7 p.m. seven days a week. No appointment is necessary.

Secret Service publishes guide for preventing workplace violence

An October 2026 report from the Secret Service is aimed at helping employers implement violence prevention programs based on the agency's methodology for behavioral threat assessment and management.

The report features the Secret Service's findings from 50 mass violence incidents that occurred at a business or other work location.

The Service's National Threat Assessment Center has "continuously found the following" about perpetrators of workplace violence:

- There's no specific demographic profile of an attacker.
- Those who pose a risk of violence don't always make direct threats before an attack, but they often communicate their intentions to those around them.
- Attackers often elicit concern from those around them because of behaviors or communications.
- Bystander reporting and intervention can avert planned acts of targeted violence.

The report recommended that employees be trained in what to do if they witness erratic behavior or violence.

For more information on how Physicians Quality Care OCCMed can help with that training, contact us at occmed@physiciansqualitycare.com or 731-984-8400.

Source: Safety + Health

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