

CLINIC View

Newsletter

Family Care Center Highlights

September 2022 Vol. 3, Issue 1

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Important Date

- ❖ Clinic Closed for Labor Day Sep 5th

Clinic Hours

- ❖ Winchester Clinic 7am-2pm M-F
- ❖ Flicker Clinic 7am-6pm M-F

COVID UPDATE 22/23

- ❖ Positive cases isolate for a minimum of 5 days with pay
- ❖ Released from isolation after being fever free for 24 hours without fever-reducing medication
- ❖ Continue to wear mask for 10 days
- ❖ Employee will use employee portal to electronically self-report to provide your direct supervisor and payroll preparer with positive COVID-19 results
- ❖ Must show positive PCR test or Rapid test result
- ❖ Watch for SafeSchools training in your email

A Word from the Clinic

Getting back into a routine requires time management. Listed below are a few tips:

- ❖ Set goals
- ❖ Prioritize wisely
- ❖ Set a time limit to complete a task
- ❖ Take a break between tasks
- ❖ Organize yourself
- ❖ Remove non-essential tasks or activities
- ❖ Plan ahead

[click](#) here for more information



Prostate Cancer Awareness

Some risk factors to consider:

- ❖ You have more than one first degree relative (father, son, or brother), including three generations on your mother's or father's side of the family
- ❖ You were diagnosed with prostate cancer when 55 years old or younger
- ❖ You were diagnosed with prostate cancer, and other members of your family have been diagnosed with breast, ovarian, or pancreatic cancer

Knowledge is power. Talk to your family members about their health status. If you are aware of the risk factors, you can act.

For additional information [click](#)

Coming September 6th Tele-Health for MSCS Positive Covid-19 Test



- ❖ COVID-19 positive employees will be seen in the comfort of their own homes on the Healow app (tele-health).
- ❖ Healow app allows for a virtual visit with the clinic
- ❖ After the virtual visit, the nurse practitioner will provide the option of e-prescribing your prescription or you can come to the clinic to pick up your medication
- ❖ Medication Pick up times are 11am at Flicker & Hacks, 3pm at Flicker only

Call 416-6079 to schedule your virtual visit

