

# CLINIC View

## Newsletter

### Family Care Center Highlights

November 2022 Vol. 3, Issue 3

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- ❖ National Diabetes Month
- ❖ Hepatitis B Vaccinations

#### Important Dates

#### Clinic Closed

- ❖ November 11 Veteran's Day
- ❖ November 24-25 Thanksgiving Break
- ❖ Clinic Closes at 5 on November 21-23

#### 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

### Do you know the symptoms of diabetic eye disease?

Diabetic retinopathy causes blood vessel damage in the retina. Left untreated, it can cause vision loss and can develop into diabetic macular edema.

#### Symptoms can include:

- ❖ Blurry vision
- ❖ Floaters (white or translucent visual blockers that come and go)
- ❖ Faded, washed out appearance of colors
- ❖ Blank or dark areas in your field of vision

A wise quote once said, "Eyes talk," please listen to them

For more information [click](#)



### National Diabetes Month 2022

Diabetes is a disease that occurs when your blood glucose is too high. Diabetes can damage the eyes, kidneys, nerves, heart and is linked to some types of cancer.

It's important that you manage diabetes as early as possible.

- ❖ Talk with your Primary care provider about managing your diabetes
- ❖ Create a diabetes care plan
- ❖ Prepare for visits by writing down a list of questions, record your blood glucose results, have your blood pressure checked and get vaccines you should get to reduce your risk of getting sick
- ❖ Start with small changes to create healthy habits
- ❖ Make physical activity and healthy eating part of your daily routine

For more information [click](#)

### HEPATITIS B VACCINATIONS



## SAVE THE DATES

- 1st Dose: November 14-18**
- 2nd Dose: December 5-9**
- 3rd Dose: May 15-19**

You must present your MSCS badge to receive the vaccine at the MSCS Family Care Center, 130 Flicker St., Memphis TN. 38104.

#### ~Please Note~

YOU HAVE ONE FULL WEEK TO COMPLETE EACH SERIES. CALL 901-416-6079 TO SCHEDULE YOUR APPOINTMENT. ALL HEP-B SHOTS WILL BE SCHEDULED FOR THE FLICKER CLINIC. If you have already received the series of three doses for Hepatitis B, a booster is not necessary. The first dose in the series is scheduled during the week of November 14-18 ONLY. If you miss the first dose, you must wait until the next school year if you are unable to start the series during this time.



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