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Ker-Choo!! Is It a Cold or the Flu?

It's the Holiday Season and people around us are sneezing, coughing, and blowing their noses and you cannot help but wonder if being close to them will make you sick. Do they have the flu or is it a cold? Are they contagious, and now that you just shook their hand, will you be the next person suffering with these bothersome symptoms. It is difficult to know if you are suffering with a cold or the flu and the chart below may offer some assistance in determining what ails you.

There are common symptoms that could be experienced by having either illness, but there are also specific symptoms that are associated with the flu. Your physician is the best person to advise you on your medical condition.
 Source: The National Institute of Allergy and Infectious Diseases, September 2006 and the CDC: Antiviral Drugs and the Flu, October 2005



Symptoms	Cold	Flu
Fever	Rare	100-102° F; lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual, often severe
Fatigue	Mild	Can last 2-3 weeks
Weakness	Quite Mild	Can last 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Moderate	Common, can be severe
Cough	Hacking cough	Common, can be severe
Complications	Sinus Congestion Or Earache	Bronchitis, pneumonia, Can be life-threatening
Prevention	None	Annual vaccination, Anti-viral drugs
Treatment	Temporary symptom relief	Anti-viral drugs within 24-48 hrs. after onset

Holiday Greetings

In the spirit of the Season, it is a pleasure to extend to you sincere appreciation for your confidence and loyalty. Thank you and best wishes for a wonderful holiday season and a happy and prosperous New Year.

The Staff at a'TEST consultants, inc.



(Left to Right)

Front Row: Erin Hunt, Tamaro Williams, Cindy Kohal, Charlie Hester

Second Row: Jeff Sims, Judy Sims, Heather Gray, Michelle Cox, Clay Sims

Back Row: Tameka Duckworth, Angie Abshire, Bobby Sims, Jeremy Mitchell, Josh Joslin, Kris Huckaba

Not Pictured: Richard Reed, Dr. Richard Doncer, Sylvia Starrett, R.N., Jim Pfeiffer, SAP

A'TEST Holiday Office Hours

Holidays, Fall and Winter Closings and Emergency Response Contact Info

Conway Office:

Monday. – Friday

Normal:

8:00 am – 5:00 pm
(closed at noon)

Closed:

Christmas, December
25 & 26

Closed:

New Year's, January 1

Emergency Calls Only:

1-800-837-8648

North Little Rock Office:

Monday – Friday

Normal:

7:30 am – 5: 00 pm

Closed:

Christmas,
December 25

Closed: New Year's,
January 1

Emergency Calls Only:

1-501-376-9776

Searcy Office:

Monday – Friday

Normal:

8:00 am – 5:00 pm
(closed at noon)

Closed:

Christmas,
December 25 & 26

Closed: New Year's,
January 1

Emergency Calls Only:

1-501-268-8288

Snow Days: Each office follows the local school or government office closings

Call in Sick or Go to Work?

Sometimes it's hard to tell whether you are well enough to go to work. The following suggestions by Jeanie Lerche Davis on WebMD might help you decide.

The alarm's buzzing, but you just don't feel quite right. You are sneezing, sniffing, and a little queasy. It's probably just a common cold, but it might be something worse. Should you go to work or spend the day in front of the tube?

"Presenteeism" – going to work when you're sick is as contagious as the flu. By one estimate, upwards of 75% head to work with the common cold or other problems that might really warrant a day at home in bed. Research shows that people sick with the common cold are not very productive. In fact, their lost productivity accounts for up to 60% of employer health costs – more than if they had taken a sick day.

Sharon Horesh, MD, instructor of clinical medicine at Emory University of Medicine in Atlanta, gives this advice. "There's no antibiotic that can get rid of the common cold or

flu virus." "That's my pet peeve ...antibiotics only work with a bacterial infection...bacterial bronchitis, pneumonia, strep throat, earache, pink eye", according to Dr. Horesh.

A warning is given to all to use care about which medications you take for the common cold. The majority of sick people reach for over-the-counter antihistamine, but it's a so-called "non-

sedating antihistamine" that could cause sleepiness and mental fog. This can turn into a double-whammy. The common cold itself will affect your ability to function well because of clogged nasal passages and headache. Add a bit of drowsiness (whether from pills or from difficulty in sleeping), and you have an employee that cannot perform their work well. Pretty soon, you will see the ill employee making mistakes and feeling miserable. Even if it's just a common cold, maybe you should just stay home!

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Final Check on Random Testing

It's the end of the year and the time when every employer of a Federally-mandated drug and alcohol testing program, must verify that all testing has been completed. Failure to do so can result in very large fines. Here are a few things to check in your files:

- Verify that you have updated all random lists each quarter and that a copy of this document is in your file
- Verify that all employees selected for random testing had the test completed during the quarter of their selection
- Verify for all positive tests on an employee that you retained, that you have a SAP report, a return to duty test, and 6 follow-up tests in your file
- Verify that you do not have your CDL drivers in the same pool with your non-CDL employees
- Verify that all participants in the CDL driver pool are actually using the CDL in their job with your organization
- Verify that all CDL employees are current with their medical exams, if needed

Specializing in Drug Free Workplace Management

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A drug-free workplace is advantageous to the employer and to the employee.

a'TEST Consultants can assume total management responsibility for a client's drug-free workplace program, or we can network with a client's existing program for specimen collections and breath alcohol testing only.

a'TEST Consultants provides urine specimen collection and breath alcohol testing service for clients in the Mid-South and nationwide.

