

OccMed News



Dignity Health
Urgent Care®



Atascadero • Pismo Beach • Santa Maria



Meet Dr. Guy Zimbardi: Our New Occupational Medicine Physician at Dignity Health

Please join us in welcoming Guy Zimbardi, MD, MA, MPH to the Occupational Medicine Team at Dignity Health Urgent Care. Dr. Zimbardi has more than 20 years of experience practicing medicine and specializes in Occupational Medicine. He earned a Bachelor of Science Degree in Psychobiology at University of California at Los

Angeles (UCLA), and went on to Boston University School of Medicine to complete both his Doctor of Medicine and a Master of Medical Arts Degree. In addition, he holds a Master of Public Health Degree from the University of Pittsburgh, School of Public Health. Dr. Zimbardi worked as the Director of Occupational and Environmental Medicine at Urban Health Plan, Inc. in the Bronx, New York before moving back to California where he most recently served as the Chief Medical Officer (CMO) of Monoblock Medical Services in Los Angeles and San Diego. Dr. Zimbardi fell in love with the Central Coast after vacationing here and decided to move to the area to enjoy a different pace of life. He enjoys spending time at the ocean and in wine country and is an avid collector of vinyl records. Dr. Zimbardi is looking forward to getting to know the employers here on the Central Coast. He will primarily be working from our Santa Maria and Pismo Beach locations.



COVID-19 Resources

Keeping you and your employees safe is a top priority. Dignity Health Urgent Care encourages you to turn to the Centers for Disease Control (CDC) and the Occupational Safety and Health Administration (OSHA) for the most updated resources regarding COVID-19. Please check the Dignity Health Urgent Care website as well.

[Visit CDC Website](#)

[Visit OSHA Website](#)

[Visit Dignity Health Urgent Care
Occupational Medicine Website](#)

Governor Newsom Signs Executive Order on Workers' Compensation



On May 6, 2020, Governor Gavin Newsom issued an **Executive Order** creating a rebuttable presumption that a worker who is working outside their home at the direction of their employer between March 19, 2020 and July 5, 2020, and who is diagnosed with COVID-19 within 14 days of working outside their home, will be presumed to have contracted the disease at work and will incur a work-related injury for purposes of workers' compensation.

The order does allow the presumption of compensability to be rebutted (disputed) and contains the following provisions:

- Requires a positive test result or diagnosis by a physician or surgeon licensed by the California Medical Board. If diagnosed, the diagnosis must be confirmed by a positive test within 30 days
- Apportionment still applies
- Time for the insurance carrier to deny the claim is reduced from the current 90 days to 30 days
- Temporary disability (TD)/salary continuation payments start only after worker uses all other state sick leave benefits
- Department of Industrial Relations will not require the employer to pay a death benefit in the situation where an injured worker dies without a beneficiary
- Re-testing every 15 days during first 45 days of TD payments
- No waiting period for TD payments
- Nothing in this Order modifies or suspends any workers' compensation statute or regulation not in conflict with this Order, or to reduce or eliminate any other right or benefit to which an employee is otherwise entitled under law, including the Families First Coronavirus Recovery Act (FFCRA), collective bargaining agreement, or Employee Benefit Plan, including group health insurance, that is in effect prior to March 19, 2020

COVID-19 claims are currently covered by an employer's workers' compensation insurance. However, prior to this Executive Order, the burden of proof to show that contraction of the illness occurred at work was on the worker, whereas now, the burden of proof is placed on the employer or the employer's insurance company.

As the state begins to relax the shelter-in-home order, it is anticipated that there will be substantial civil litigation against employers for failure to adequately protect their workers. As a result of this executive order, these civil cases would be stopped or blocked because workers' compensation coverage is an exclusive remedy for injured workers.

News Release

U.S. Department of Labor Offers New Video and Poster on Proper Workplace Use of Respirators

WASHINGTON, DC – The U.S. Department of Labor announced that the Occupational Safety and Health Administration (OSHA) has released a new video and poster (see poster below) for employers and workers on how to properly wear and remove a respirator.

For workers who may need to use respirators to protect themselves from coronavirus exposure, a properly worn respirator can help reduce the wearer's risk of viral exposure and help prevent its spread to others.

The [video](#) and poster – in [English](#) and [Spanish](#) – demonstrate and describe seven steps every worker should follow when putting on and taking off a respirator.

1. Wash hands with soap and water or alcohol-based hand rubs containing at least 60 percent alcohol before putting on and after removing the respirator;

2. Inspect the respirator for damage;
3. Cover mouth and nose with the respirator and pull strap over the head so that it rests at the back of the head. A second strap should rest at the back of the neck. Use the metal nose clips to mold the respirator to the shape of the nose;
4. Adjust the respirator by placing both hands over it and inhaling and exhaling. Readjust the straps if air leaks from the respirator's edges;
5. Avoid touching the respirator while wearing it;
6. Remove the respirator by grabbing the strap(s) from behind. Do not touch the front; and
7. If the respirator does not need to be reused because of supply shortages, discard it in a closed-bin waste receptacle.

Visit OSHA's [Publications webpage](#) for other useful workplace safety information.

The video and poster are the latest efforts by OSHA to educate and protect America's workers and employers during the coronavirus pandemic. OSHA has also published [Guidance on Preparing Workplaces for COVID-19](#), a document aimed at helping workers and employers learn about ways to protect themselves and their workplaces during the ongoing pandemic.

Visit OSHA's [COVID-19 webpage](#) frequently for updates. For further information about coronavirus, please visit the U.S. Department of Health and Human Services' [Centers for Disease Control and Prevention](#).

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to help ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov.

The mission of the Department of Labor is to foster, promote and develop the welfare of the wage earners, job seekers and retirees of the United States; improve working conditions; advance opportunities for profitable employment; and assure work-related benefits and rights.

Agency Occupational Safety & Health Administration

Date May 5, 2020

Release Number 20-655-NAT

Contact: Department of Labor National Contact Center

Email DOL-Info@dol.gov

Seven Steps to Correctly Wear a Respirator at Work

Following these simple steps will help you properly put on and take off your respirator, and keep you and everyone else safe.

1 Wash Your Hands



Wash your hands with soap and water or alcohol-based hand rubs containing at least 60% alcohol.

2 Inspect the Respirator



Inspect the respirator for damage. If it appears damaged or damp, do not use it.

3 Put on the Respirator



Cup the respirator in your hand with the nosepiece at your fingertips and the straps hanging below your hand.



Cover your mouth and nose with the respirator and make sure there are no gaps (e.g., facial hair, hair, and glasses) between your face and the respirator.



Place the strap over your head and rest at the top back of your head. If you have a second strap, place the bottom strap around your neck and below your ears. Do not crisscross straps.



If your respirator has a metal nose clip, use your fingertips from both hands to mold the nose area to the shape of your nose.

4 Adjust the Respirator



Place both hands over the respirator. Inhale quickly and then exhale. If you feel leakage from the nose, readjust the nosepiece; if leakage from the respirator edges, readjust the straps.



Repeat until you get a proper seal. If you can't get a proper seal, try another respirator.

5 Wear the Respirator



Avoid touching the respirator while using it. **If you do, wash your hands.**

Note: If you reuse your respirator, wear gloves when inspecting and putting on the respirator. Avoid touching your face (including your eyes, nose, and mouth) during the process.

6 Remove the Respirator



Wash your hands.



Remove the respirator from behind. Do not touch the front.

7 Dispose of the Respirator



If the respirator does not need to be reused because of supply shortages, discard it in a closed-bin waste receptacle. Wash your hands.

For more information, see the quick video, "Putting On and Taking Off a Respirator". ►



OSHA
www.osha.gov

Occupational
Safety and Health
Administration

1-800-321-OSHA (6742)
TTY 1-877-889-5627

OSHA-4015-06-2020

**Dignity Health Central Coast
Launches Informational
COVID-19 English and**

Spanish Hotlines for Community



Lines provide coronavirus education and resources

In a proactive effort to provide COVID-19 education to community members, Arroyo Grande Community Hospital (AGCH), French Hospital Medical Center (FHMC) and Marian Regional Medical Center (MRMC), which are Dignity Health Central Coast hospitals, have launched hotline numbers in both English and Spanish.

If you have questions in English related to COVID-19, please call **(805) 332-8276**, from 8:00a.m. to 8:00p.m. Monday through Friday and 8:00a.m to 4:30p.m. on weekends. Calls will be answered by a nurse. If a call is placed after hours, individuals may leave a voicemail and calls will be returned promptly the next morning. For information in Spanish, community members are asked to call **(805) 614-5758**. The hotline will be staffed from 8:00a.m. to 4:30p.m. Monday through Friday. If a call is placed after hours, individuals may leave a voicemail.

For the most up-to-date information on COVID-19, please visit www.dignityhealth.org/phc.

Lisa Vasak, MD Responds to COVID-19



by Lisa Vasak, MD
April 25, 2020

The COVID-19 pandemic has affected all of us in different ways. For some, it's been a tough economic impact and for others it's been a physical or emotional impact. All of us are now wondering what the new normal will be. We have all done a great job with social distancing, wearing masks and quarantining. The new normal may include some of those lifestyle changes along

with new hobbies, and maybe a newly adopted pet. It may include new or stronger relationships with friends and family.

As we start to transition to slowly reopening our communities, it is important to remember the main reason we have been isolated – to protect patients and prepare the capacity of our healthcare system. The Central Coast of California has managed to keep hospitalized COVID-19 positive patients at a level our local hospitals can safely manage. However, we will need to continue to be focused on masking, social distancing and following the directions of the city, county and state authorities so we can protect each other and continue lowering the numbers of COVID-19 positive patients in our communities and hospitals.

We will get through this. In the meantime, keep up the great work of masking, social distancing and quarantining. Your health care workers really appreciate it!

SAFETY FIRST

**THINK SAFE
WORK SAFE**

Services at a Glance

Employment Examinations:

Physicals including DOT/DMV, Fitness for Duty Exams, and

Respirator Exams:

Respirator and mask fit, currently subject to availability of supplies due to COVID-19

Drug Screening:

Pre-employment, reasonable suspicion, post accident, random, E-screen 5 and 10 panel

Breath Alcohol Testing:



Pre, post, random or cause

Vaccinations:

Hep A, Hep B, Flu, Tetanus, T-dap, Rabies

Testing Services:

Pulmonary function, audio, vision, grip, TB tests

Work Injuries:

Back and neck injuries, lacerations and burns, eye injuries, extremity injuries, all minor trauma

Meet Our Providers



David Christensen, MD

Dignity Health Urgent Care, Pismo Beach

Dr. Christensen has been practicing medicine for more than 20 years. He is board certified in Emergency Medicine. He earned his Doctor of Medicine from Loyola University, Chicago. He is experienced in Occupational Medicine and Workers Compensation cases.



Mark Pomerantz, MD

Dignity Health Urgent Care, Santa Maria

Dr. Pomerantz has been practicing medicine for more than 35 years in the Santa Maria community. He earned his Doctor of Medicine from the USC School of Medicine. He has experience in Occupational Medicine and Workers Compensation cases.



Lisa Vasak, MD

Dignity Health Urgent Care, Atascadero

Dr. Vasak has been practicing medicine for more than 25 years in California and on the Central Coast since 2013. She is Board Certified in Internal Medicine and earned her Doctor of Medicine from New York Medical College. She specializes in Urgent Care, and has experience in the areas of Occupational Medicine and Workers Compensation cases.

Guy Zimbardi, MD

Dignity Health Urgent Care, Pismo Beach and Santa Maria

Dr. Zimbardi has been practicing medicine for more than 23 years in both New York City and Southern California. He is Board Certified in Occupational Medicine, earning his Doctor of Medicine from Boston University and his Masters degree in Public



[Click here to email Corinne Friedling, Manager of Business Integration at Dignity Health, for your Occupational Medicine questions or needs.](#)



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877 Oak Park Blvd, Pismo Beach **805-474-8450**
2271 South Depot Street Santa Maria **805-614-9000**