

Statement on the Flu from Deseret Mutual

“The current fears of a pandemic relating to the Swine Flu outbreak in Mexico and some cities in the United States is reason for concern, but not panic,” according to Larry V. Staker, MD (Chief Medical Officer at Deseret Mutual Benefits Administrators). “We should take reasonable precautions to protect ourselves against the flu, like we do during any flu season, but there is no reason to assume a medical catastrophe is around the corner.”

Additional information from Healthwise is also available. [Click here.](#)

Dr. Staker recommends the following to prevent catching the flu, which is spread hand-to-mouth and by coughing:

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| 1. Do not come to work if you have the “Flu Symptom Triad” :
Headache, muscle ache, <u>AND</u> fever greater than 101° F.
(The triad appears two to five days after exposure. The face may be flushed.) |
| 2. Wash hands before eating, after using the bathroom, and after blowing your nose. |
| 3. Keep hand sanitizer in every bathroom and carry one in your pocket. |
| 4. Minimize hand shaking. |
| 5. Cough into tissue. |
| 6. If you see a sick colleague, remind them of the recommendations. |
| 7. Do not panic! |

If the flu breaks out in your workplace, here are a few suggestions:

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| • Minimize gathering in groups or meetings |
| • Keep six feet of space between participants in meetings |
| • Shorten meeting times |
| • Use electronic meeting formats, satellite meetings, etc. |

Deseret Mutual will continue to monitor the situation and will give further updates if necessary.

Additional information is available from the Center for Disease Control (CDC) at:
<http://www.cdc.gov/swineflu>

Thank you!