

WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **Moving Forward Together while Social Distancing.**

COVID-19 Pandemic has disrupted daily life as we know it. Families are virtually visiting and coworkers are collaborating

via a variety of shared screens and mobile monitors. And The Starr Group is keeping customers informed of new developments affecting our world with a [Resource Page](#) on our website with the latest insurance information for businesses and individuals.



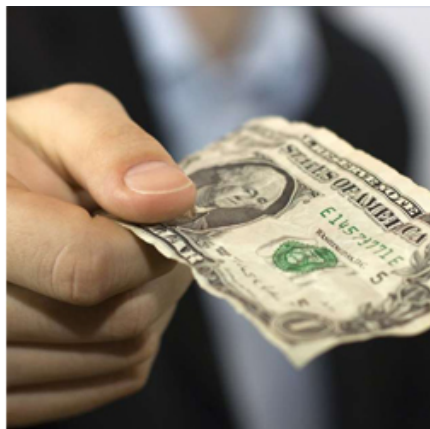
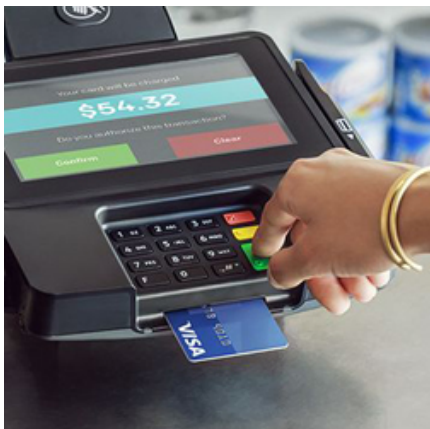
Did you know?



- For perspective, CDC estimates that influenza has resulted in between 9 million – 45 million illnesses,

between 140,000 – 810,000 hospitalizations and between 12,000 – 61,000 deaths annually **since 2010**. ¹

- As of 3:45 p.m. US CT, there have been 2,072,269 Coronavirus Cases recorded around the world. Sadly, there have been 133,802 deaths from the virus. We are encouraged to report that **508,826 people have recovered**. ²
- The steady rise of Americans working from home continues. According to [recently released data](#) from the US Census, 5.2% of workers in the US worked at home in 2017 — or 8 million people. That share is up from 5% in 2016, and 3.3% in 2000. ³
- In a poll conducted earlier this week, **28 percent** of respondents said they are currently working from home. ⁴
- Las Vegas has noticed a decrease in air pollution from the first half of March to the second half of March. When comparing February to March of 2020, the city saw about a **33% decrease** in air pollution. That's consistent with what's happening around the country. ⁵



Be Careful Out There.

Many essential employees -- health care workers, first responders -- are still moving about during the Safer At Home

Order. They continue to purchase food, personal necessities and gasoline, putting themselves and service personnel at risk of illness. Here are a few things to remember :

- Use a stylus to touch keypads and monitors at checkouts and ATMs. If you don't have a stylus, the red rubber eraser end of a No.2 pencil works well.
- It's well-known that currency is loaded with germs since it passes through so many hands. If using a credit, debit or gift card when shopping in person is not always possible, wash hands after handling currency..
- Gas pumps are notorious hiding places for germs. Since most of us don't have a copious supply of latex gloves, wearing plastic bags on the hands when filling your tank can help protect you.
- Carefully turn latex gloves (or bags) inside-out when removing them, and dispose of them in a trash receptacle.
- Disinfect purchases, handbags, mobile devices, and stylus upon arriving home.





WASH HANDS THOROUGHLY.

WASH HANDS THOROUGHLY.

WASH HANDS THOROUGHLY.

With hand sanitizers in big demand, they are not necessarily the only way to stay clean. Washing often and with hot water and soap will do the trick. Water temperature for handwashing should be at least 100°F (38°C). ⁶

Washing should last the duration of singing "Happy Birthday" twice. A grandmother recommended praying 'The Lord's Prayer', because "God and germs are everywhere."

Be Smart. Be Safe. Be Well.



1. <https://www.cdc.gov/flu/about/burden/index.html>
2. https://www.worldometers.info/coronavirus/?utm_campaign=CSauthorbio?
3. <https://qz.com/work/1392302/more-than-5-of-americans-now-work-from-home-new-statistics-show/>
4. <https://today.yougov.com/topics/economy/articles-reports/2020/03/19/yougov-cheddar-poll-remote-work-coronavirus>
5. <https://www.ktnv.com/news/coronavirus/las-vegas-air-pollution-decreases-during-covid-19-crisis>
6. https://dmna.ny.gov/foodservice/docs/toolbox/proper_handwashing.pdf



Insurance & Risk Solutions
Improving your Total Risk Wellness

Stay connected on Social Media



This email contains graphics, so if you don't see them, you can [view it in your browser](#).

This WellnessWatch communication was sent to emichalek@starrgroup.com. You are receiving this communication from us because you are listed in our database as a CUSTOMER of The Starr Group. This communication is not intended as a solicitation or advertisement to the general public, rather as a means of providing general information and staying connected with our customers.

We respect your right to privacy. By clicking here to [unsubscribe](#), you acknowledge that you will no longer receive the **WellnessWatch** eNewsletter from us.

The Starr Group Customer Email Policy: The Starr Group never sells your email address or any other customer information. Occasionally, The Starr Group may use a third party administrative service for the purpose of customer surveys. As a customer of The Starr Group, you are entitled to receive transparent communications from our agency regarding your policy/policies. In addition, you will receive policy renewal reminders, quarterly email newsletters, and Starr Alerts. On occasion, you will receive informative announcements about new products and services, as well as invitations to educational and community events. You will have the option to "unsubscribe" from any of these email communications. Send inquiries regarding "Email Subscription Management" to marketing@starrgroup.com.

Insurance coverage cannot be bound or changed via voice mail, email, fax, or online via the agency's website or social networking platforms, and is not effective until confirmed directly with a licensed agent. Further information provided is intended for general situations and questions relating to specific coverage should be discussed using the agency's regular workflows. Please contact a licensed agent directly.

This email was sent by: **The Starr Group**, 5005 W. Loomis Road, Greenfield, WI 53220 USA (414-421-3800). © 2020 The Starr Group.

This document provides information of a general nature. None of the information contained herein is intended as legal advice or opinion relative to specific matters, facts, situations or issues. Additional facts and information or future developments may affect the subjects addressed in this document.

If you have received this transmission in error, please notify marketing@starrgroup.com immediately and delete the transmission from your system.