

HEALTHY, WEALTHY & WISE

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BACTERIA, Fungi Spores... **OH MY!**



Questions often arise regarding disinfecting and sanitizing after water, mold, or sewage damage. Using the right type of product for the job is important to kill virus, bacteria, and fungal spores.

Although we are still learning about virus & bacteria, antimicrobials offer protection from unseen germs and bacteria on many surfaces. There are three levels of antimicrobials that kill or limit microbes and the spores that they use to reproduce.

Sterilizers - A sterilizer kills 100% of microbes and spores. In the spectrum of antimicrobial activity, a sterilizer is the strongest. Sterilization is impractical for everyday

use because bacterial and fungal spores are extremely difficult to destroy. Extreme heat is one method of sterilization, but it is not practical outside of a medical environment. Chemical sterilizers are toxic, corrosive irritants that are not safe for use by the general public.

Sanitizers - To sanitize a surface means to reduce levels of harmful microbes to a safe level. Most chemicals sanitizers have little or no effect on certain viruses like

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Tuberculosis, and improper use may create resistant strains of harmful bacteria.

Disinfectants - Disinfectant is an EPA regulated term that can only be used on the label of products that have been tested and proven to kill or destroy at least 99.9% of all microorganisms; this doesn't mean they destroy spores. There are a variety of disinfectants available to consumers, including common household bleach. Caution must be exercised when using bleach or any other EPA registered disinfectant to follow label directions carefully as misuse can lead to damage to materials or health risks.

Disinfectants are named as to what kind of organisms they kill. The suffix cide, meaning "to kill" is added after the type of microorganism it targets. So a bactericide kills bacteria, fungicide kills fungi, and a virucide destroys viruses. Read the label to find out what the product is designed to do.

Making the Choice - What should you use? Since sterilizers are only needed for critical jobs like surgical instruments, we are left with disinfectants and sanitizers. As we have seen, sanitizers do not have the "kill power" that disinfectants do. So why would you choose to use a sanitizer instead of a disinfectant? You make the decision by weighing the risk presented by the microorganisms against the risks involved with the chemical itself. For example, there are chemical sanitizers that are used in commercial kitchens which are designed for treating food preparation surfaces. These products control bacteria on relatively clean surfaces but present almost no risk because of low toxicity.

In a hospital things are different with known health issues at stake. People with a variety of sicknesses create the potential for contamination of many surfaces. Also, there are people with compromised immune systems who could become seriously ill from exposure to common mi-

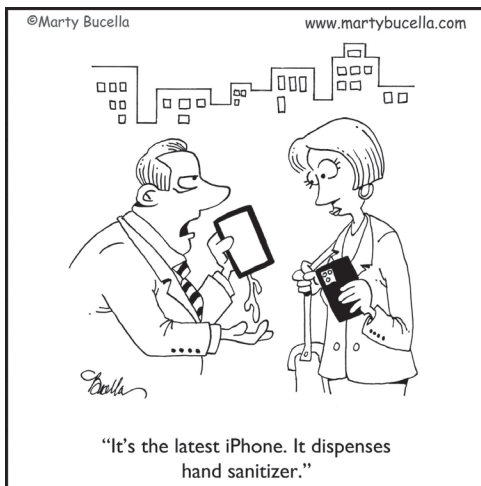
crobes. When the risk from infection are greater, the necessity for a high-grade disinfectant becomes apparent. Although these tend to have higher levels of toxicity, the potential risk warrants their use.

Your home is similar. Your kitchen counter is generally clean. Therefore keeping it clean usually means simply maintaining a sanitary condition. If you prepare raw meats on the counter you may consider using a good sanitizer/cleaner. In the bathroom a stronger disinfectant might be appropriate. You could also use a surface disinfectant in sick rooms to kill infectious microbes.

A clean home is important. But, the most important thing to remember is that all cleaning agents, sanitizers and disinfectants should be stored and used according to the label directions. Failure to do so could cause more harm than good.

Contact **ServiceFirst Restoration** today for more tips, help or to schedule your next appointment.

The Good Life



Good Clean Funnies

How do you make a lemon drop?
Just let it fall.

How do you stop an astronaut's baby from crying?
You rocket!

How do we know that the ocean is friendly?
It waves!



OLD-WORLD Cabbage Soup

Directions

Place chopped cabbage into an 8-quart soup pot.

Microwave diced carrot in 2 tablespoons water for 6 minutes on high.

Microwave diced celery in 2 tablespoons water for 4 minutes on high.

Add the microwaved vegetables to the pot. Add minced sweet onion, celery, and ketchup. Add juice cocktail, vegetable broth, chicken broth, and tomatoes. Fill each can with water, and add the water to the mixture. Cover, and bring to a boil. Continue boiling for 30 minutes.

Reduce heat to simmer and cook for 2 to 3 hours.

Serve with slices of a French baguette. Have salt, black pepper, and Tabasco available to season to taste at the table

A hearty soup, great for a cold, blustery March day--or any day! Best if cooked one day ahead, refrigerated overnight, and heated just before serving

Ingredients

- ½ medium head cabbage, chopped
- 4 large carrots, cubed
- 1 sweet onion, minced
- 4 stalks celery, cubed
- ¾ cup ketchup
- 1 ½ cups tomato-vegetable juice cocktail
- 3 cups vegetable broth
- 1 (14.5 ounce) can chicken broth
- 1 (14.5 ounce) can peeled and diced tomatoes

Recipe courtesy allrecipes.com





3 Ways to Help SHORTEN a Cold

If you're feeling sniffly or have a tickle in your throat, it's time to put a quick plan into motion. Here's the recipe for relief:

1. Make a date with your pillow:

Sleep lets your body rest and heal. Not getting seven to eight hours of shut-eye every night makes you more susceptible to catching a virus. When you feel a bug coming on, try an earlier bedtime to make sure you're getting the extra rest you need. And if you feel sleepy and run-down during the day, give yourself permission for a quick nap, if your schedule allows.

2. Drink plenty of water: During a cold, your body will need more fluids; in fact, being sick puts you at risk of dehydration. To make sure you're getting enough, download an app that lets you track how many ounces you're drinking a day. Think about keeping

your favorite teas on hand too, as the hot liquid loosens congestion.

3. Get your dose of zinc: To shorten the duration of your cold, take a zinc supplement. Its clinically proven homeopathic formula taps into the power of your body's natural defenses to shorten colds. If you want to get better faster, take it at the first sign of a cold.

BONUS TIP ... Watch a funny movie: As you've probably heard, there's a link between stress and depressed immune function. On the flip side, laughing triggers increased production of antibodies and T-cells that help fight off infection, according to the latest research. Streaming a comedy is the perfect pairing with a quiet, restful evening at home to get you back on the road to recovery.

Colds can make you feel run down and miserable. The last thing you want is the coughs, the sneezes and a run-down, foggy head feeling to hang on for weeks on end.

4 Things to Consider When Buying a CAR



In addition to cost, performance, safety and reliability – here are four things to consider in 2021 if you are thinking about buying a new vehicle.

It should be about comfort: We're spending more time in our cars - waiting in parking lots for groceries, lining up at drive-thrus, or even taking conference calls when home gets too noisy! So, a vehicle's interior should be attractive and comfortable. Bluetooth connectivity, in-dash navigation, remote-keyless start, and self-healing tire tech are also important factors when choosing new vehicles.

Is it finally time to plug in? With increased range, lower prices and expansions in charging infrastructure, More Americans are considering an electric vehicle (EV). Consider a few important factors: range - your average mileage

between charges, access to charging stations at home and frequented destinations, and the financial benefit - consider rebates, credits and no more gas!

Take time to kick the tires. Choose the tires best for you. All-weather tires manage rain and snow while also delivering year-round performance, while all-season tires prioritize comfort and fuel economy over ice and snow traction.

Looking ahead, post-pandemic: With hopes of restrictions easing in 2021, it's important to ask if your vehicle needs now will be the same in six months. If a new vehicle only serves your needs now, wait a few more months before you buy.

If it is time for a new set of wheels, these tips will help you choose the car you need and the driving experience you want now and for the years ahead.



The pandemic changed our travel habits considerably. Most Americans still don't feel comfortable taking public transportation, leading more people to get behind the wheel.



Be a Label Reader – It's GOOD for Everyone

More than half of U.S. consumers agree eco-labels raise their trust in a brand. They also believe retailers' and brands' claims about sustainability and the environment need to be clearly labeled by an independent organization like **GlobeScan**. Here are three trustworthy labels to look for during your next grocery trip.

The blue fish: Products labeled with the Marine Stewardship Council (MSC) blue fish label are independently certified sustainable, wild-caught seafood. MSC certified products are traceable back to a sustainable source in order to fight fraud and mislabeling.

The butterfly: Processed foods, dairy, meat, eggs, fruit, vegetables, snack foods, vitamins and supplements, vegetable oils, body care products and more can display the Non-GMO Project's butterfly label. In buying

Non-GMO labeled products, shoppers will know they're truly avoiding consuming genetically modified organisms (GMOs).

The blue and green farmer: Farming is the single largest employer in the world! Purchasing goods with the Fairtrade America logo is a way to make a difference in the lives of people who grow our food, enabling them to earn a decent wage to support their families. By buying products with the Fairtrade logo on them, you are also helping to combat climate change, support gender equality, end child labor and protect workers' rights.

No matter the grocery aisle, making sure to purchase products that are **MSC**, **Fairtrade** and **Non-GMO Project** certified ensures you're doing what's good for your family, good for producers and good for the planet.



Over the past decade, the purchase of and trust in food labels has increased, showing an upward trend in shoppers voting with their dollars for what they care about most.



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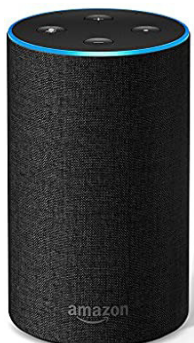
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