

HEALTHY, WEALTHY & WISE

MARCH 2022

Published exclusively for clients of ServiceFirst Restoration



SAFETY FIRST

During a DISASTER

If your home or business is affected by fire, flood, storm or biological contamination, your first instinct may be to minimize the damage. This is understandable, since so much of your life is tied up in the places you live and work. However, this natural reaction could prove costly or even deadly.

As difficult as it may be in the heat of the moment, we must remember safety first. Some common hazards in a water or fire damage situation are slip and fall, compromised or unstable structure, electrical hazards, gas leaks and biological contamination. If your home or business should ever suffer a disaster, use the following suggestions to avoid injury, illness or worse.

Slipping and falling is the most common cause of injuries. When water enters a building from a storm, plumbing failure or fighting a fire, it presents a hazard to people walking in and around the affected areas. Walking from wet carpet onto hard surface flooring is a common example. Just a small amount of residual water on your shoes can make a hard surface floor slippery and dangerous. A small puddle on a tile or vinyl floor can be as slick as a sheet of ice.

See "SAFETY First" on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS

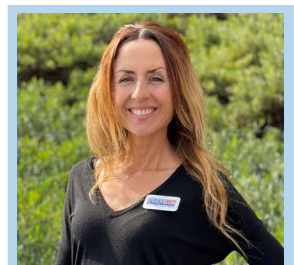
(855) 883-4778

ineedhelp@callservicefirst.com

www.callservicefirst.com



Christian Rovsek
CEO & Founder
(949) 610-9251



Jamie Mulford
Account Manager
(949) 339-0678

It is best to stay out of the affected areas if possible. If that is not an option, soak up any small puddles that you can. Walk slowly and carefully from carpet to hard floors. Post warning signs. Use absorbent mats where possible.

Electricity and water are a dangerous combination. Water increases electrical conductivity. If water enters an electrical panel, switch or outlet, electrical current can "leak" out to the surface and present a serious shock hazard. Pools of standing water are especially dangerous. Appliances sitting in pooled water can leak electrical current into the water. Standing in that water and touching any conductive material could result in a serious shock. Stay away from deep standing water and let the professionals deal with turning off the power.

Drywall loses its strength when it becomes wet. If it is on a

wall, this is not a big problem. But saturated drywall ceilings present a major safety hazard. The ceiling may look fine and then suddenly fall without warning. If the ceiling is sagging, assume that a collapse is imminent and stay out of the area. Again, leave it up to the professionals to drain and remove the ceiling safely.

Water from unsanitary sources can carry biological contamination, creating a serious health risk. This is obvious with a sewage backflow, but it can also be a factor in other water sources. Water that runs over the ground, has been standing for over 48 hours or from other sources like aquariums and water beds contain a significant degree of contamination and have the potential to cause sickness or discomfort through physical contact or accidental ingestion. Simply touching your eyes, nose or mouth could invite bacteria and some

viruses to cause illness. Avoid contact with all unsanitary water. If you do contact contaminated water, wash all skin exposed to the water. If it is splashed into your eyes, repeatedly flush with water for 15 minutes and seek medical attention.

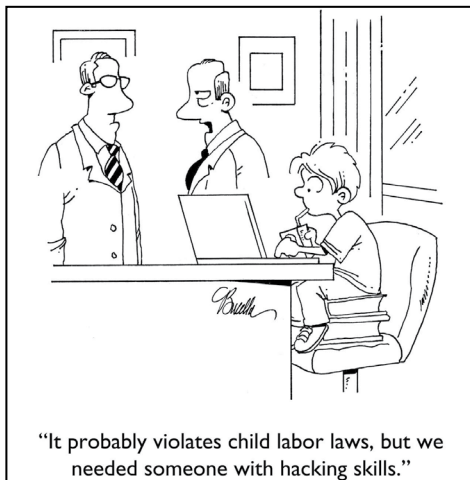
Other hazards such as gas leaks, carbon monoxide, chemicals, toxic materials such as asbestos and lead, weakened structural materials and possible exposure to mold or other pollutants could harm occupants and worker as well. Your home or business is important, but not as important as your health and safety.

Call **ServiceFirst Restoration**

at 855-833-4778

to learn more or schedule your next service.

The Good Life



"It probably violates child labor laws, but we needed someone with hacking skills."

Good Clean Funnies

Why did the golfer wear two pairs of pants?

In case he got a hole in one.

Why is dark spelled with a K and not a C?

Because you can't see in the dark.

What do you call a bear with no teeth?

A Gummy Bear.



This cheesy stuffed bread is crispy on top, chewy inside and very cheesy, but beware... it's addictive!

Ingredients

- 1 (11 ounce) package refrigerated French bread dough (such as Pillsbury®)
- 1/4 cup melted butter, divided
- 1 tablespoon cornmeal
- 1 cup shredded Mozzarella cheese
- 1 cup shredded Mexican cheese blend
- 1 cup shredded Cheddar cheese
- 1 tablespoon freshly grated Parmesan cheese
- 1 tablespoon shredded Cheddar cheese
- 1 pinch dried parsley
- 1 pinch garlic powder
- 1 pinch onion powder

Easy, Cheesy Stuffed BREAD

Directions

Preheat oven to 350°F. Grease a large baking sheet.

Roll dough out into a large rectangle on a flat work surface. Brush with 3 tablespoons melted butter and sprinkle with cornmeal. Flip dough over and scatter Mozzarella cheese, Mexican cheese blend, and 1 cup Cheddar cheese on top. Fold the dough in half and press edges together with your fingers to seal.

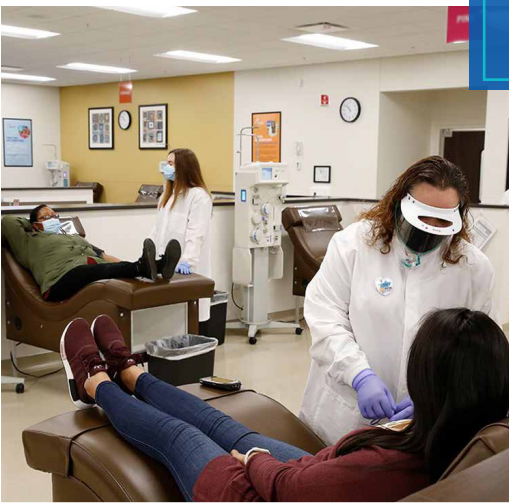
Brush remaining 1 tablespoon butter over dough and lightly sprinkle with Parmesan cheese, 1 tablespoon Cheddar cheese, dried parsley, garlic powder, and onion powder. Make shallow cuts 1 inch apart across the top with a knife, so that you can easily pull the bread apart after baking.

Bake in the preheated oven until bread is golden brown and cheese is bubbly about 25 minutes. Cool 5 minutes before pulling strips apart.

Recipe courtesy allrecipes.com



Why to Consider Donating PLASMA Today



Plasma donations are critical in helping save lives because they are used to make life-sustaining medicine.

Throughout the past year, you may have heard about plasma and its potential use in treating COVID-19. However, for more than 80 years, plasma has been a lifeline for people who live with rare and chronic conditions.

Here are some key reasons to donate plasma today.

Plasma is used to make life-saving medicine – Plasma carries out a variety of functions in the body, including fighting disease. Plasma donations are processed into life-saving medicine for people with chronic illnesses like immunodeficiency disorders.

Plasma cannot be manufactured in a lab or other artificial environments – Even with the scientific advances in health care, these medicines can only be made from plasma donated from healthy adults.

The donation process is safe and fast –

Donating plasma is a low-risk procedure with minimal or no side effects. Healthy individuals may donate as often as twice a week, with one day between donations.

Many individuals are eligible to donate plasma – An individual must be 18 years of age or older, weigh at least 110 pounds and pass all required donor eligibility criteria to protect the donor's health and safety of the plasma.

There is an urgent need for plasma – With plasma donations lower than usual due to the pandemic, not only has global demand increased over the past 20 years but continues to grow due to more rare diseases being identified and more patients being diagnosed.

4 TIPS for Buying New Products Online SAFELY

There are many safeguards in place at many online marketplaces to protect the consumer. Being aware of potential red flags can help you avoid fraud. You can protect yourself and buy more safely online by following these tips.

1. Purchase from the retailer directly, even for gift cards. If you need to check the balance, always go to the website of the brand that is issuing the card. Never enter the full gift card number and PIN onto any other website. You may be giving the value of the card to a fraudster.

2. Check out the seller. Ratings, reviews and comments from other buyers can help tell you if they are legit. Contact the seller directly to ask questions about the item, return and refund policies. Make sure you are

satisfied with their responses before buying.

3. Research the item. Does their pricing seem too good to be true? Do a search for typical pricing. Check the photo carefully to see if it appears to be real or stock photo. Photos should show more than one angle, or both outside and inside the package. Ask the seller for additional photos if you're not satisfied.

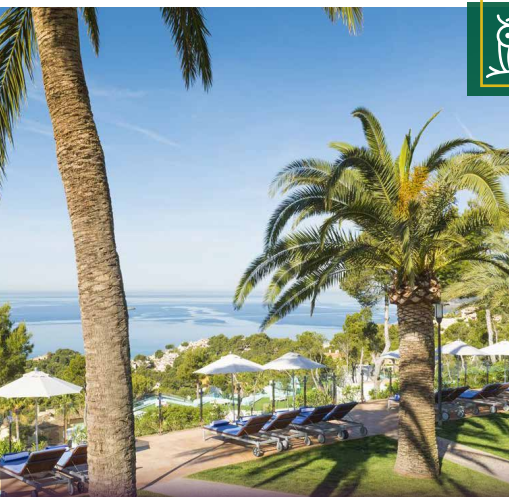
4. If you have a problem, contact the seller, the marketplace and your credit card company. Make sure to keep digital copies of all emails and text messages between you and the seller regarding the purchase. Your credit card company may be able to withhold payment if there is a problem.

Armed with these tips and a little caution, you can enjoy your online shopping safely.



BPT

Shopping online provides endless opportunities to find great products. Savvy buyers should know that if something appears to be too good to be true, it's because it probably is!



Warm sand between your toes, a cool drink in your hand, the sun setting over the beautiful ocean ... these are the dreams of an ideal spring break.



Planning a Spring Break VACATION?

Choose an all-inclusive getaway. With an all-inclusive resort planning is minimal so you can focus on enjoying what matters most - your vacation. Before you book your all-inclusive spring break, make sure your resort has the following items:

1. Look for a variety of cuisine, and then some. A vacation means a break from cooking and meal planning, so make sure your resort offers multiple onsite restaurants to remove the hassle of deciding where to eat with your group, while offering various cuisines.

2. Find all the fun in the sun. Second to plentiful food and drink at hand, the best thing about an all-inclusive resort is all the activities included in your stay. Be sure to find a resort that offers everything you want.

3. Privacy by the sea. If your spring break vacation is a romantic getaway, you'll want

seclusion and serenity. Or, choose an all-inclusive resort with a kids' club, which offers supervised and fun programs for children while giving mom and dad some space to hit the couples spa or enjoy a quiet meal.

4. Education destination via culture. The best all-inclusive resorts integrate local culture into food, beverages, activities and hotel design. Great all-inclusive resorts integrate the local culture with engaging programs, classes and experiences that will enhance your vacation.

5. Above and beyond hospitality. A final box every traveler should check is a place that spoils you yet feels like home. Seek world-class spas, personalized concierge, friendly team members, and high-end offerings.

Once you have selected your resort, book, pay and go. All you need to do is have fun.





WATER | MOLD | FIRE | PLUMBING | REPAIRS

Need a HERO?

CALL (855) 88-FIRST (34778)

EMAIL inneedhelp@callservicefirst.com

ONLINE www.callservicefirst.com

Why ServiceFirst?

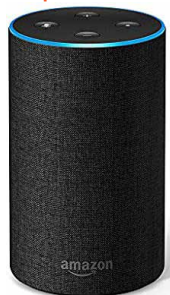
ServiceFirst Restoration, Inc.
27071 Cabot Road, Suite 105
Laguna Hills, CA 92653

One-Stop-Shop
24/7 Availability
Same Day Attention
Free Evaluations
Mitigation Focused
Financing Available

Referral Rewards

Win An
amazon echo

Take home an Amazon Echo, plus a
\$50.00 DONATION to your favorite charity.



Winners announced
every month!

Congratulations to our recent winners:

Robert Duran,
Seabreeze Property Management

Scott Anderson, Advantis Insurance

DID YOU KNOW?

You can track your projects
through your *website portal!*

- 24/7 access to job status
- Real time, notes and photos
- Fewer emails and phone calls
- Increased transparency and certainty

Ask your account manager for details.

Filing an Insurance Claim

With ServiceFirst, you will not pay a **PENNY**
over your deductible on covered claim items!