

THE BUZZ...News You Can Use

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What Happens When Water GOES Where It *SHOULDN'T*

Indoor plumbing... It's hard to imagine living without it for very long. Clothes washers, toilets, dishwashers, showers, tubs, sinks, water heaters; all of our modern plumbing systems rely on water to enter the structure through pressurized pipes. And what comes in must go out. So water usually leaves buildings through sewer pipes fed by gravity or sometimes, pumps. It's a simple system, so we don't give it much thought until something goes wrong.

But a failure in either part of the system can cause **major problems.**

When water goes where it should not, it can cause anything from a slow leak to a flood. No matter. For the sake of simplicity, let's call it a water intrusion.

Categorizing Water Intrusion

All water intrusions fall into one of 3 Categories:

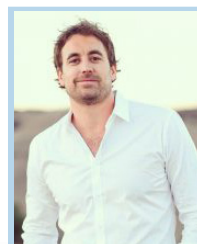
Category 1-Clean water

Category 2-Gray or unsanitary

Category 3-Black or grossly contaminated

The category of the water intrusion is based on where the water came from, where it is, how long it has been there, and the amount and type of contamination present. For example, water that comes from a broken

See "WHAT Happens When" on next page



Christian Rovsek
CEO & Founder
(949) 610-9251



Jaime Mulford
Account Manager
(949) 339-0678



Garrett Hatfield
Account Manager
(949) 339-0769

(855) 883-4778
ineedhelp@callservicefirst.com
www.callservicefirst.com

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water heater is Category 1 or clean water. However, if that water comes into contact with a significant amount of contamination, such as chemicals, animal waste, or heavily soiled materials, it may quickly degrade to a Category 2 or 3 unsanitary water intrusion.

Water that comes from a broken washing machine drain line (not supply line) or a broken dishwasher drain line would contain some soils, contaminants and detergents. This makes it a Category 2 water intrusion. If that water were to remain untreated, over time it would degrade into Category 3 water as bacteria and fungi began to multiply in the contaminated water.

Any water that comes from a sewer pipe is Category 3- grossly contaminated. Note that this is true, regardless of the clarity of the water.

Managing Water Intrusion

When you have water intrusion into your home take the following steps to manage it:

- Eliminate safety hazards. Turn off

The Good Life



Good Clean Funnies

What does garlic do when it gets hot? It takes its cloves off!

What kind of socks do grizzlies wear? None, they have bear feet!

What musical instrument can you find in the bathroom? A tuba toothpaste!

How did the pirate get his flag so cheaply? He bought it on sail.

electricity to the affected area if you can safely do so. Be cautious as you implement the rest of the steps – you don't need to add personal injury to the problem at hand.

- Act quickly to stop the leak. Sometimes this requires turning off the water to the building or sandbagging your front door. However the water is getting in, do your best to stop, or at least slow, the water as quickly as possible.
- Stay out of the area if the ceiling drywall is saturated. Wet drywall ceilings can fall and cause injury. Call a professional immediately.
- Avoid contact with Category 3 water or items saturated with it. Wear rubber boots and gloves if you must touch the water. Call a clean-up professional for help.
- Move contents and furnishings out of the affected area, if possible.

- Call the professionals. Depending on the amount of damage, you may want to call your insurance company to confirm coverage and file a claim. Then, call cleaning and restoration professionals to manage the damage. Drying your home requires training, the right equipment and experience. Don't take a chance on doing it yourself. If proper steps are not taken, additional damage to your home will occur. Call a reputable cleaning company who can come out and help restore your home. They will carefully assess the situation, and develop a restoration plan. They will remove the water, dry your structure and contents and return your home back to normal as quickly as possible.

If you have any questions, need any additional information or want to schedule a consultation, contact **ServiceFirst, Your Restoration Hero** today. We are always happy to help and serve you.



This vegetable soup is so good on a chilly spring night and even better with a grilled sandwich for lunch the next day.

Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 medium potato, peeled and chopped
- 1/2 cup chopped broccoli
- 1/2 cup of frozen corn
- 1/2 cup of torn spinach
- 1/2 cup chopped fresh mushrooms
- 1/2 cup chopped carrots
- 1/4 cup chopped cabbage
- 2 (32 fluid ounce) containers chicken broth
- 6 ounces egg noodles
- 1 cup canned white beans

Spring VEGETABLE Soup

Directions

Heat oil in a large pot over medium heat. Add onion and garlic; cook until tender. Stir in potato, broccoli, corn, spinach, mushrooms, carrots, and cabbage. Pour in chicken broth and bring to a boil. Reduce heat to low and simmer 20 minutes, or until potato is tender.

Heat oil in a large pot over medium heat. Add onion and garlic; cook until tender. Stir in potato, broccoli, corn, spinach, mushrooms, carrots, and cabbage. Pour in chicken broth and bring to a boil. Reduce heat to low and simmer 20 minutes, or until potato is tender.

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 1 hr

Servings: 6

Recipe courtesy allrecipes.com



5 Sick Day SLIP-UPS



Many U.S. workers may be unknowingly engaging in activities that are hindering their recovery process when sick.

Here are 5 ways you might be self-sabotaging your recovery when sick -

1. You take a hygiene hiatus. Most people tend to put their regular hygiene habits on hold, including showering, and even brushing their teeth. Maintaining personal hygiene is crucial when you're sick to prevent the spread of illness to others and help prevent additional health problems for you.

2. You bail on a balanced diet. Ignoring nutritional needs can delay your body's ability to heal promptly. A diet filled with nutrient-rich foods is the fuel your body needs to fight off illness. Hydration is equally important; drinking plenty of fluids helps flush out toxins, aiding in the recovery process.

3. You worry over work. The stress of working while sick can delay recovery more than most realize. Surprisingly, the mental stress

from work can directly impact your physical health by increasing cortisol levels, which in turn can suppress immune function, making you susceptible to longer recovery times or, worse, secondary infections.

4. You're all rest, no rally. While rest is essential, incorporating light to moderate activities can be beneficial for both physical and mental health. Studies have found that exercise, when experiencing an infection or sickness, may not only be safe but could also reduce the severity of symptoms and the number of sick days needed as a result.

5. You dodge a doctor's diagnosis. Consulting a doctor when sick is crucial for faster, proper recovery. Virtual appointments can serve as a convenient option for getting the care you need, with doctors recommending in-person follow-ups when necessary.

5 AFFORDABLE Ways to Make the MOST of Summer



Family vacations can get pretty pricey. Make the most of the sunny season while sticking to your budget using these five tips.

1. Book early - Don't wait! One of the best ways to make the most of your summer and save is to plan ahead and book early. If you want affordable, flexible flights, aim to book your trip 2.5 to 7.5 months in advance. Remember accommodations, concerts and activities can sell out months in advance. To make sure your family doesn't miss out on the fun, book ahead.

2. Look for deals - Watch for promotions and special offers on activities, attractions and events. Check an organization or company's websites and social media accounts to make your summer outings more budget-friendly. And, make sure to take advantage of your credit and debit card perks whenever possible.

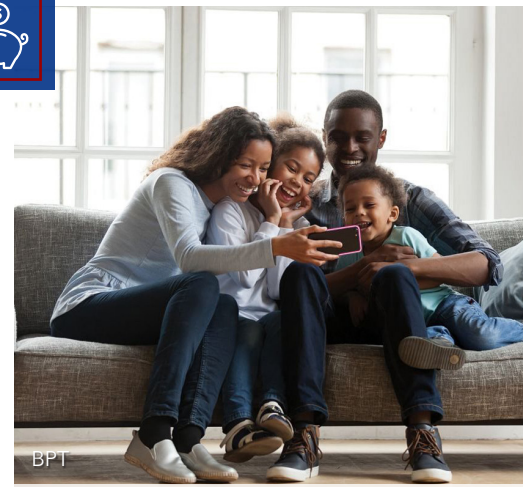
3. Explore the great outdoors - Nature of-

fers endless entertainment and it is often FREE.

For day trips, head to a nearby park for a hike and picnic. Longer excursions... plan a camping trip. If you don't have the right gear, try to borrow what you need. Pack your snacks, sunscreen and sense of adventure, and make memories in nature without breaking the bank.

4. Hit the road - Pack the car and get ready for a good old-fashioned road trip where the journey can be just as fun as the destination. Don't forget to load up all your device charging cords and stop along the way so you don't miss the hidden gems you discover on the way.

5. Plan a staycation - Sometimes, the best summer memories are made right at home. A trip where you stick close to home with loved ones can't be beat for affordability and convenience.



With a little creativity, planning and a willingness to think outside the box, you can make the most of summer without putting a strain on your finances.



Create an INSTA-Worthy Outdoor LIVING Space



Social media has changed the way people engage with content and seek inspiration. Thanks to ever-evolving technology, you have the ability to find new ideas instantly.

Need a new recipe? Find and follow a chef or home cook on TikTok or Instagram. In a reading rut? Explore reviewers who can share book recommendations for your next read. You can even discover new ways to transform your yard this spring on your social media feeds.

Are you ready to create an Insta-worthy outdoor space? Check out these three tips to inspire your yard renovation.

1. Return to timeless appeal - Almost 90% of Americans agree that a healthy lawn is the foundation to an attractive outdoor space. Flowers, healthy plants, and shrubs are also key elements to outdoor charm.

2. Talk to the pros when challenges arise - While more Americans want beautiful, healthy outdoor spaces, many are most stumped by how to get rid of weeds, what plants to put where, and the proper lawn care schedule.

If you find yourself overwhelmed, consult a trusted pro to take the guess work out of it.

3. Spend more time outdoors - Longing for beautiful, maintained outdoor spaces, over half of Americans are willing to invest more time outdoors.

- **Take stock of your yard.** For two-story homes, trees and tall bushes are a good choice, while one-story homes keep plants trimmed and compact for a positive visual appeal.
- **Imagine where you'd like to add outdoor furniture.** Outdoor bed swings or teak wood outdoor sectionals can create a refreshing and relaxing feel.
- **Assess your lawn.** Neglecting lawn maintenance can lead to unsightly issues, including brown patches, rampant weeds and insect damage.



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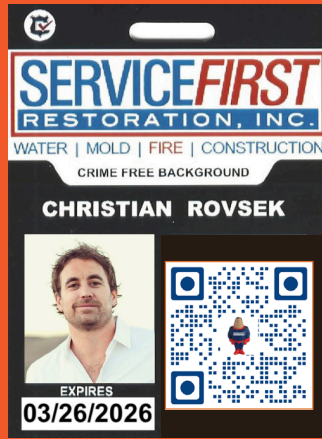
EMAIL inedhelp@callservicefirst.com

ONLINE www.callservicefirst.com

How Well Do You Know Your Contractor?

ServiceFirst Restoration, Inc.
23192 Verdugo Dr., Suite D
Laguna Hills, CA 92653

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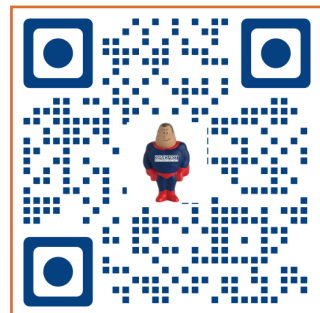
WANT LESS STRESS?

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with real time status, notes and photos!

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