

# HEALTHY, WEALTHY & WISE

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## CLEANING for a Pandemic



The entire world has been rocked with the emergence of the COVID-19 Coronavirus. Information on the proper way to wash our hands, social distancing, grocery shopping, etc. have flooded our screens. But, what about our homes? Is there a proper way to clean to help ensure the homes where we have been spending so much time are actually healthy places? The answer is a resounding YES! There are methods and ways to keep our homes as healthy as possible.

The first rule of thumb has always been and will continue to be that we should clean for health first and appearances second. Homeowners are prone to waiting until there are visible signs of dirt before cleaning. This is incorrect. Many surfaces are designed to hide dirt and soil, so it can hold a lot of contaminants before it begins to look "dirty." Unseen contaminants build up in the surfaces over time to the point where they may have a negative effect on the occupants of the structure, espe-

cially those with underdeveloped, sensitive or compromised immune systems. The key is to avoid getting to the point where this happens.

The process should be clean first and sanitize second. Think of cleaning and sanitizing your home in the same way you think of washing your hands. Cleaning is the process of removing unwanted substances from a surface. When you wash your

*See "CLEANING" on next page*

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hands, or clean a surface, you are removing the unwanted contaminants. When you use hand sanitizer, or sanitize over dirt and grime, you are trying to “kill” or destroy the contamination rather than just removing it. Hand sanitizer and sanitizing sprays are a great second option, but hand washing and cleaning are always the best choice for a first defense.

Here are some helpful tips for cleaning any room:

Always clean top to bottom and work your way out the door.

Fold your cleaning cloth instead of balling it up. This ensures a smooth, consistent surface for wiping.

Always wipe in the same direction with a cleaning cloth, rather than a back and forth motion. The goal is to remove the dirt. Not to move it back and forth.

Heat accelerates most chemical reactions and results in a deeper cleaning. Use as hot of water as recommended for your surfaces.

Even visibly clean surfaces need to be thoroughly cleaned before applying any sanitizing or disinfecting chemicals.

Use hot water when cleaning linens and towels.

Make sure you regularly clean and sanitize things you use or touch on a daily basis such as: cell phones, laptops, tablets, remotes, doorknobs, handles, steering wheels, etc.

Use a cleaner first to break down the dirt and grime. Follow up with an antimicrobial/disinfectant.

Look for EPA registration and approval on the labels of your cleaners. They should say they have been approved to fight SARS, H1N1 and emerging pathogen viruses. The EPA has a list of approved cleaners on their website.

Please be aware. No product or company can claim they can kill COVID-19 or inactivate it. There are currently no approved tests with the EPA that can test this claim. However, there are products that are approved to combat

“coronaviruses” which is a broad term used for types of viruses. You can look up more recommendations on the CDC and EPA websites.

For the sake of prevention and daily life, cleaning and disinfecting your home is completely appropriate. However, if an infection or exposure has occurred with someone in your home, you need to call in the professionals. Allow our professionally trained and educated workers at **ServiceMaster by A-Town Hi-Tech** to help make your home healthy once again. We have the proper equipment, materials and training to come in and clean and sanitize your home.

If exposure has not occurred, continue to clean your home with these helpful and basic tips while also following all professional recommendations. Once you feel safe to let people into your home again, call **ServiceMaster by A-Town Hi-Tech**. We are ready to combat dirt, germs, grime and the messes your family made while social distancing at home.

## The Good Life



### Good Clean Funnies

**What's the difference between ignorance and apathy?  
I don't know and I don't care.**

**I've just written a song about tortillas...actually, it's more of a rap.**



Perfect for a Mother's Day brunch or any party, this recipe can also be made ahead and frozen for later.



## Ham & Swiss Quiche

### Directions

In medium bowl, toss 4 teaspoons flour with the grated cheese. Sprinkle mixture into the pie shell. On top of cheese, sprinkle 1/2 cup of diced ham.

In medium bowl, combine eggs, milk or cream, and then add salt and mustard powder. Beat until smooth and pour over cheese and ham.

Put a piece of plastic wrap large enough to overlap sides over top of quiche, then a piece of foil, and seal well around the edges. (plastic keeps the foil from sticking to the food). Place prepared quiche in freezer.

When ready to prepare, preheat oven to 400 degrees F. Remove foil and plastic wrap. Put foil around edge of crust to protect it.

Bake in the preheated oven for 60 minutes or until filling is set and crust is golden brown. Garnish with parsley.

### Ingredients

- 1 1/2 cups shredded Swiss cheese
- 4 teaspoons all-purpose flour
- 1/2 cup cooked ham, diced
- 3 eggs
- 1 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground dry mustard
- 1 (9 inch) unbaked pie crust
- 2 tablespoons chopped fresh parsley

Recipe courtesy [allrecipes.com](http://allrecipes.com)



## Eco-FRIENDLY Gardens



Use recycled water for the garden by utilizing rain barrels.

Gardens aren't just about petunias, they can also help animals, insects and encourage native plants.

This year when you are planning the family garden patch, you can make a sustainable wildlife garden.

Animals, birds, bees, and butterflies need food, water, cover and a place to rear young. Your garden can be a place where they thrive.

First, plant at least three native flowering plants. You can research different plants online or ask someone at your local nursery.

Install a water feature. It doesn't have to be elaborate. Wet rocks are good for butterflies. Hummingbirds like to take showers in a gentle mist. And birds need a drink in the summer.

Put up nesting boxes. The sparrows will move in quickly, but you might one day be surprised to find nesting blue-birds, too.

To encourage butterflies find a place for nectar plants and milkweed. Take the long-view of your garden site. Trees are essential for a good wildlife area. Even a small yard can have small trees.

## Coronavirus and COMPUTERS



Not only has the Coronavirus infected hundreds of thousands of people all over the world, but now it is also being used in email phishing attacks to infect computers.

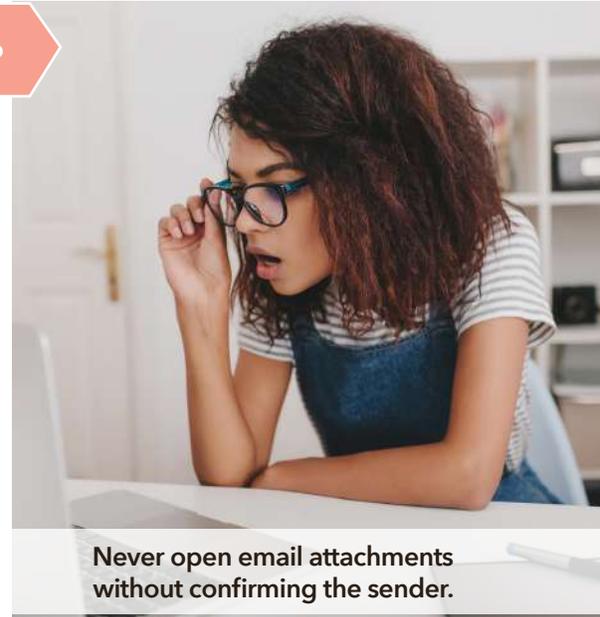
The infected emails contain links to pdfs or .doc files that purport to be a list of people in the area infected with the virus. The links may appear to come from the Centers for Disease Control, but in fact, redirect users to a page that appears to be Outlook.

Or, it can offer 'safety measures' in the form of a pdf. Clicking on any of

these links exposes users to malware designed to access bank accounts, financial data, and bitcoin wallets.

It's worth noting that major events or holidays have also been used with these phishing attempts. It was infamously used to invite recipients to a demonstration by global warming activist Greta Thunberg. It has also been used in invitations to Christmas and Halloween parties.

Protect yourself by never opening attachments unless confirming over the phone with the sender.



Never open email attachments without confirming the sender.



## Celebrating MOTHER'S Day



One-fourth of the flower and plant purchases made for holidays occur at Mother's Day.

Arriving on the second Sunday each May, Mother's Day is a celebrated tradition that can trace its official roots back to before the Civil War.

A woman in that time named Ann Reeves Jarvis, of West Virginia, created 'Mother's Day Work Clubs' to help teach women in the community how to take care of their children properly.

After her passing in 1905, her daughter Anna Jarvis pushed to create a national holiday to honor the sacrifices that all mothers make for their children. In 1908, she secured financial contribu-

tions that allowed her to celebrate the day officially for the first time.

By 1912, many churches, towns, and states had adopted the holiday, and it was signed into measure by President Woodrow Wilson in 1914.

Different people all across the world have developed their own Mother's Day traditions in one form or another over the years.

In North America, Mother's Day typically involves flowers. Of course, there is always breakfast in bed -- a traditional surprise for mom.



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