

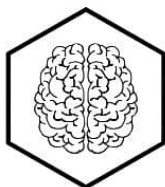
HOW DOES A DIRTY HOUSE AFFECT YOUR HEALTH?

FIND OUT WHY ITS SO IMPORTANT THAT YOU HAVE A CLEAN HOME. HOPEFULLY THIS WILL ENLIGHTEN YOU AND ALSO HELP YOU MAKE THE RIGHT CHOICE TO LET US HELP YOU TAKE BACK YOUR LIFE.



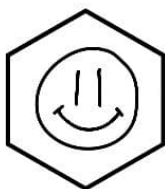
CAN YOU GET ILL FROM A DIRTY HOUSE? A DIRTY HOUSE IS NOT JUST AN UNPLEASANT PLACE TO BE, IT CAN BE HAZARDOUS TO YOUR HEALTH. THE MORE DUST AND GRIME YOU HAVE IN YOUR HOME, THE GREATER RISK YOU HAVE OF DEVELOPING ALLERGIES AND OTHER RESPIRATORY PROBLEMS SUCH AS ASTHMA. IT ALSO MEANS YOU ARE AT AN INCREASED RISK OF LUNG DISEASE OR EVEN CANCER IF CARCINOGENS ARE PRESENT IN THE HOME

WHAT DISEASE CAN YOU GET FROM A DIRTY HOUSE? THE FIRST HEALTH RISK COMES FROM THE BACTERIA THAT LIVE IN ALL HOMES, EVEN IF THEY ARE KEPT CLEAN. THESE GERMS CAN CAUSE EAR INFECTIONS AND ALLERGIES LIKE ASTHMA (AND ALSO MAKE EXISTING CONDITIONS WORSE). DIRTY DUST IS ONE OF THE MOST SIGNIFICANT SOURCES OF THESE PROBLEMS; IT'S FULL OF ALLERGENS LIKE MOLD, MILDEW, MITES, AND PET DANDER. UNWASHED DISHES ALSO CAUSE A PROBLEM BECAUSE THEY CONTAIN BACTERIA THAT CAN CAUSE FOOD POISONING.

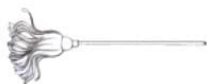


HOW DOES A DIRTY HOUSE AFFECT YOUR MENTAL HEALTH? WHEN YOU WALK INTO A ROOM AND SEE THAT IT'S FULL OF DIRT, CLUTTER, AND DUST, THE FIRST THING YOU FEEL IS STRESSED AND OVERWHELMED. THIS CAN LEAD TO DEPRESSION OR ANXIETY DISORDERS IF NOT TAKEN CARE OF PROPERLY. ITS ESSENTIAL TO MAKE TIME FOR YOUR HOME TO BE CLEAN TO NOT GET ENTIRELY OVERWHELMED BY ALL YOUR HOUSEHOLD CHORES!

HOW DOES A DIRTY HOUSE AFFECT YOUR PHYSICAL HEALTH? IT CAN CAUSE SKIN IRRITATIONS, ALLERGIES, AND BREATHING PROBLEMS. A MESSY HOUSE CAN ALSO CAUSE FATIGUE, HEADACHES, AND GENERAL IRRITABILITY. IT CAN EVEN CAUSE INFECTIONS SUCH AS STAPHYLOCOCCUS AND MRSA.



WHAT CAN I DO TO HAVE A HEALTHY HOUSE? OUTSIDE OF YOUR WEEKLY, BI-WEEKLY, OR MONTHLY CLEANING SERVICE THAT WE CAN PROVIDE YOU, YOU CAN WIPE DOWN COUNTERS AND SURFACES WITH DISINFECTANT WIPES OR SPRAY, MAKE A HABIT TO WASH YOUR DISHES AFTER EACH USE, AND WASH AND WET OR DAMP CLOTHES IMMEDIATELY AFTER SOILING.



Tidy N Go

KATE'S CLEANING SERVICE

