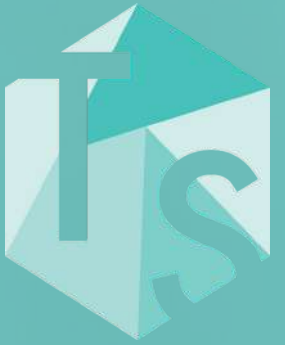




TSR VIRTUAL COFFEE BREAK

WELCOME!



- **Questions?** Type them in the chat or Q&A window at anytime. We'll have time at the end. For everything else, contact Sales@TriStateRestores.com.
- **We are recording!** Links to view the video & PDF presentation will be shared with you tomorrow morning. *Visit TriStateRestores.com/VCB for a complete archive.*
- **Starbucks Gift Cards:** NEW! First 100 Attendees today will receive a \$5 Gift Card!
- **After the VCB:** Please complete the post-event survey to share topics you'd like us to cover in our next VCB. *See you October 27!*
- **Liked this Presentation?** Post a review on Facebook, Google or Angi for a \$25 Gift
- **Stay till the end** – ONE lucky attendee will win a dozen Spooky Halloween Cupcakes delivered from Georgetown Cupcake!



GEORGETOWN CUPCAKE





WHO WE ARE



FAMILY OWNED - LOCALLY OPERATED - ESTABLISHED FIRM

Tri State Restorations LLC® is an independent commercial and residential disaster recovery firm based in the Washington D.C. Metropolitan area (MD/DC/VA). We specialize in the mitigation, remediation, removal, cleanup and restoration efforts of large and small water, fire, mold, biohazard, lead & odor caused damages.

Our company's mission is *Turning Disaster Into Peace of Mind®* because we're committed to easing the burden of handling your property disaster by providing you with the best customer experience and services available.



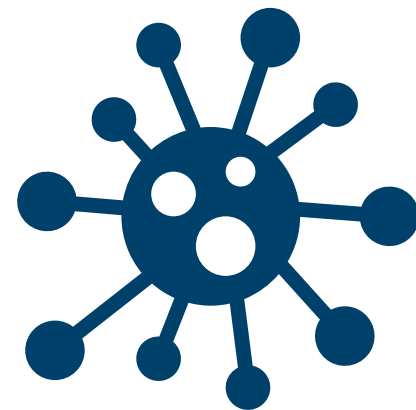


SERVICES

We're Your Local DMV Area Commercial & Residential Disaster Recovery Experts.



Water Mitigation &
Restoration



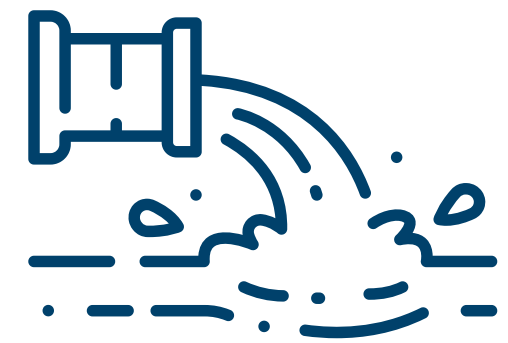
Mold Remediation



Fire/Smoke
Restoration & Odor
Control



Biohazard &
Trauma
Disinfection



Sewage Mitigation
& Cleanup



LICENSED + INSURED + RELIABLE

- IICRC Certified Firm
- EPA Lead Safe Certified Firm
- IAQA SMART Mold Firm
- Infectious Disease Control Certified
- 5-Star Rated
- EPA Licensed Asbestos Inspector



AVAILABLE 24-7



**OCTOBER IS
BREAST
CANCER
AWARENESS
MONTH**



TRI STATE RESTORATIONS
SUPPORTING BREAST CANCER AWARENESS

**TRI STATE
SUPPORTS
FINDING
A CURE**

WE'RE DONATING 3% OF
OUR OCTOBER SALES TO
BCRF IN SUPPORT OF
FINDING A CURE FOR
BREAST CANCER





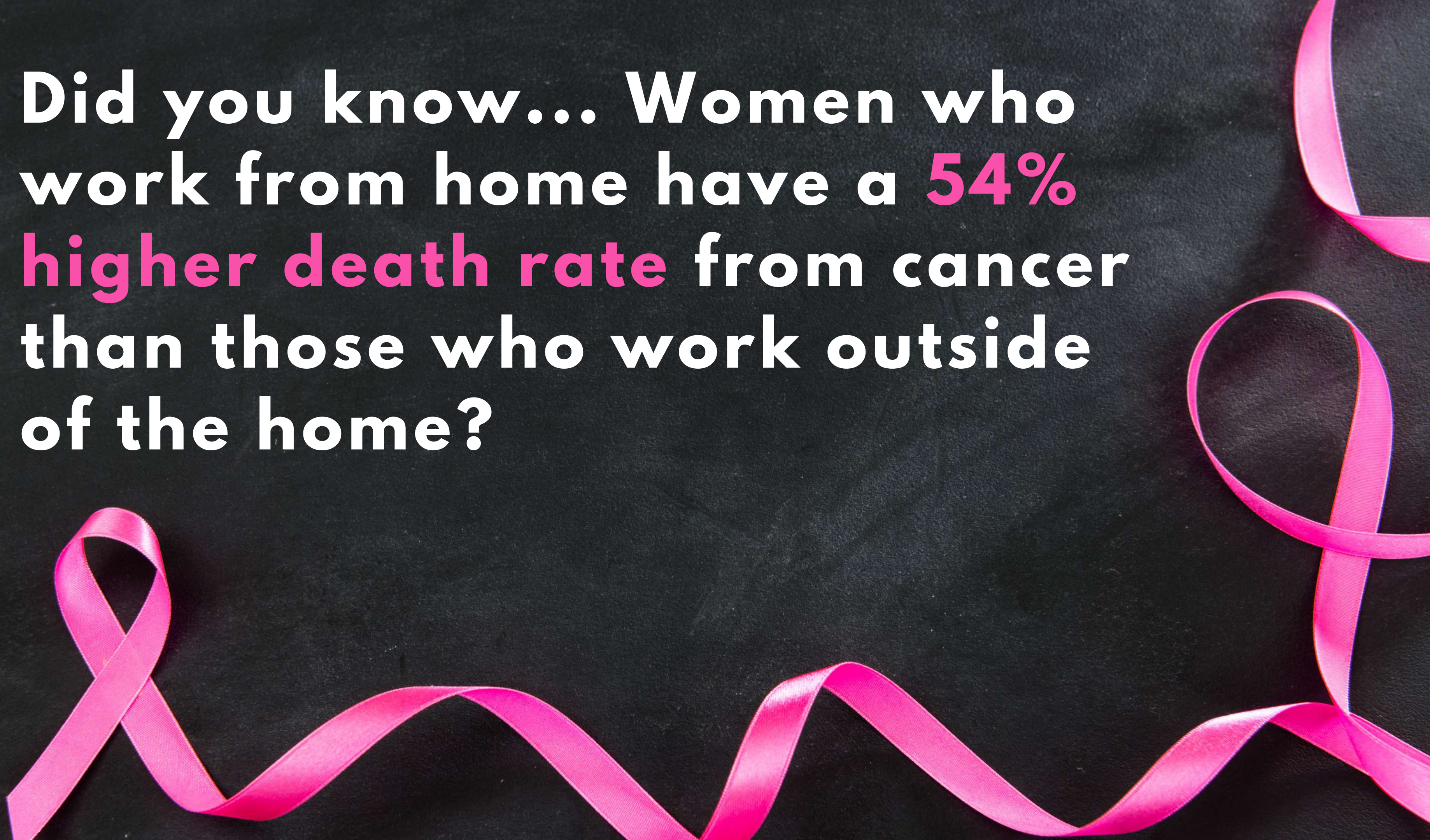
OCTOBER IS ALSO...
NATIONAL INDOOR
AIR QUALITY
AWARENESS MONTH



**AND... These Two Monthly
Observances Have More
In Common Than You
Might Think...**

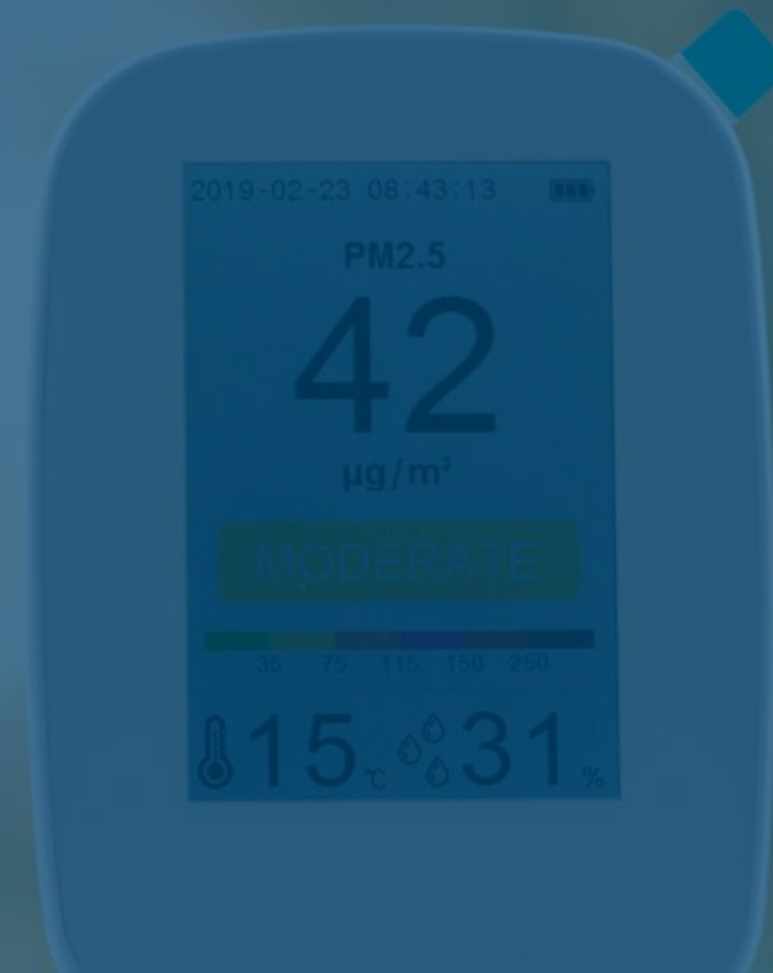


Did you know... Women who work from home have a **54% higher death rate** from cancer than those who work outside of the home?





What Is Indoor Air Quality?





INDOOR AIR QUALITY

According to the EPA: Indoor Air Quality (IAQ) refers to the air quality within and around buildings as it relates to the health and comfort of its occupants. Understanding and controlling common indoor pollutants can help reduce your risk of health concerns.

Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later.





WE INHALE 3000 GALLONS OF AIR EACH DAY

WE SPEND 90% OF OUR TIME INDOORS

1 IN 5 PEOPLE HAVE ALLERGIES/ASTHMA

25% OF OUTDOOR POLLUTANTS ARE FOUND INDOORS





What Are Indoor Air Pollutants & Toxins?

**INDOOR
POLLUTANTS**



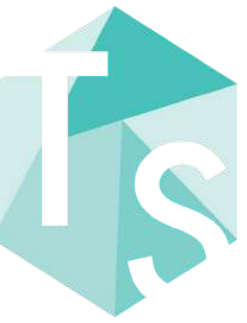


MOST COMMON:

- Excessive moisture
- Volatile organic compounds (VOCs)
- Radon
- Pesticides
- Airborne Particulates (Dust, smoke, dirt, soot & salt)
- Viruses
- Bacteria

Sources of Indoor Pollutants

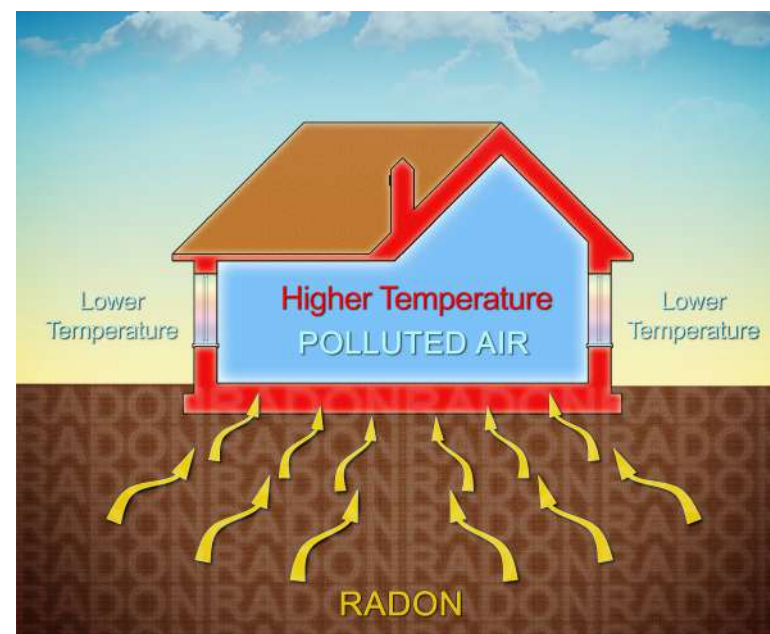




VOLATILE ORGANIC COMPOUNDS

Chemical Pollutants or Volatile Organic Compounds (VOCs) are emitted as gases from certain solids or liquids with a high vapor pressure and low water solubility.

These include: *formaldehyde, radon, ozone, particulates, building material vapors, fibers (asbestos) and tobacco smoke.*





BIOLOGIC POLLUTANTS

Biologic pollutants are substances in our environment which come from living organisms and can affect our health.

These include: bacteria, molds, viruses, animal & human saliva, dander, urine or feces, insects (i.e.: dust mites, cockroaches), and pollen.





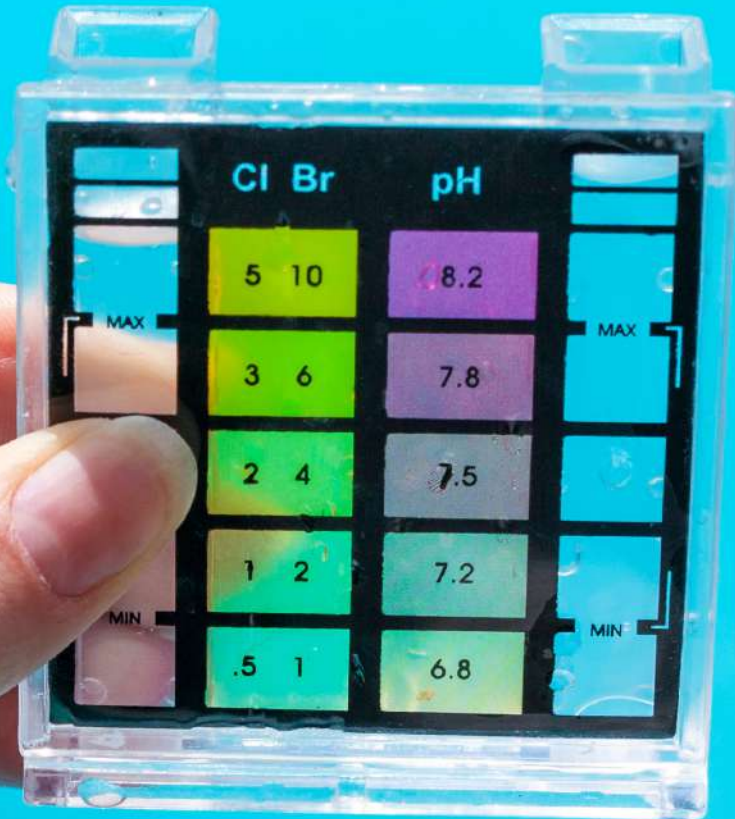
Where Do These Pollutants Come From?





POLLUTANT SOURCES

- Fuel-burning combustion appliances
- Tobacco products
- Building materials and furnishings as diverse as:
 - Deteriorated asbestos-containing insulation
 - Newly installed flooring, upholstery or carpet
 - Cabinetry or furniture made of certain pressed wood products
- Products for household cleaning and maintenance, personal care, or hobbies
- Central heating and cooling systems and humidification devices
- Excess moisture
- Outdoor sources such as:
 - Radon
 - Pesticides
 - Outdoor air pollution.





MOLD & MILDEW

Mold and other microbial growths create poor indoor air quality, airborne contamination and allergens affecting the health of everyone in the building.

Inhaling or touching mold spores can cause allergic reactions, including sneezing, runny nose, red eyes, and skin rash.

Opening windows to allow excess moisture to flow outside of your property reduces the risk of microbial growth from indoor moisture settling on your walls, floors and ceiling.

CHECK OUT [TRISTATERESTORES.COM/VCB](https://tristaterestores.com/vcb) TO WATCH OUR PAST COFFEE BREAK ON MOLD HAZARDS AND REMEDIATION



Did you know infants and young children exposed to mold in the home have an increased risk of developing asthma by the age of 7?

Make sure to fix leaks early and increase ventilation by regularly running the exhaust fans in the bathrooms and kitchens.



CO₂

Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Installing CO₂ Alarms throughout your home is a great way to prevent exposure and its affects.

Learn more about CO₂ exposure at epa.gov.





CARPETS

While carpeting has been a popular flooring choice dating back to the 1800s, we now know carpeting and its installation are a large contributor to indoor air pollution.

Dangerous chemicals can not only become trapped in carpeting, but they can also be used in the manufacture of certain types of carpet.

Carpeting can fill household air with volatile organic compounds (VOCs), including probable carcinogens like formaldehyde, benzene and stain repellents.





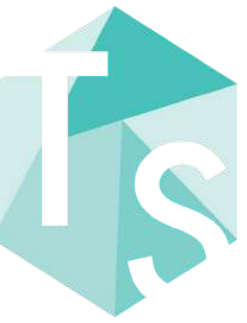
HVAC SYSTEMS

There are several ways in which an HVAC system can degrade indoor air quality: Spreading dust, bacteria, allergens or other harmful substances.

High-efficiency particulate air (HEPA) filters are recommended by the U.S. Department of Health because they are able to remove at least 99.97% of airborne allergens and pollutants — including mold spores and dust that are as small as 0.3 microns.

Regular duct cleaning can also help prevent the spread of airborne allergens and pollutants.

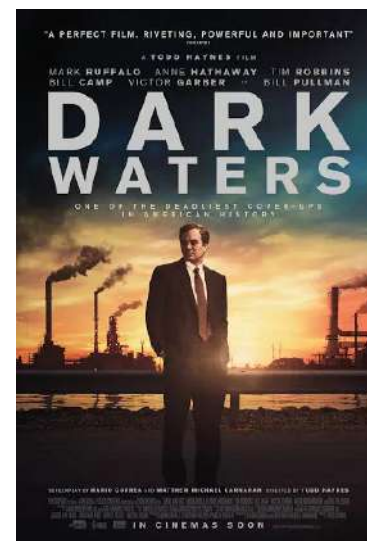




DUPONT & TEFLON

DuPont's famous Teflon Coating is widely available through the production of materials like non-stick pans, plastics, carpeting, food packaging & water-resistant clothing.

While generally safe in other practical uses, Teflon coatings on nonstick cookware made with chemical C8 have shown start to break down over time, releasing toxic chemicals into the air. Inhaling these fumes may lead to polymer fume fever, also known as the "Teflon Flu".



For more information about DuPont & Teflon, watch the Documentary *The Devil We Know* or the 2019 Movie, *Dark Waters*.



DuPont vs. the World: Chemical Giant Covered Up Health Risks of Teflon Contamination Across Globe




Watch later



Share



Watch on  YouTube



RADON

Radon is a major source of indoor air pollution and is the cause of tens of thousands of deaths annually. Radon, which is produced by the decay of radium in the soil, develops harmful decay bi-products including: radioactive polonium, lead, and bismuth.

About **1 in 15 homes** have an elevated radon level. The gas is odorless and invisible and does not cause immediate symptoms, so the only way to know if your home is affected is through testing.

A persistent cough could be a sign that you have radon poisoning. Radon is the leading cause of lung cancer among non-smokers.



**A 6-ROOM RESIDENCE
COLLECTS AN AVERAGE
40LBS OF DUST
IN JUST 1-YEAR!**





CRAWL SPACES AFFECT AIR QUALITY, TOO!

Approximately **40% of the air you breathe** travels up through a property's crawl space.

Moisture, mold, dust and other harmful pollutants can easily affect your indoor air quality.

Remember: If your crawl space is musty, dirty, and contaminated with airborne pathogens — *so is your home.*

CHECK OUT OUR AUGUST 2021 VCB FOR A DEEPER DIVE INTO CRAWL SPACE HAZARDS: tristaterestores.com/vcb





Indoor Air Pollution and Your Health





IMMEDIATE AFFECTS:

Some health effects may show up shortly after a single exposure or repeated exposures to a pollutant. These include irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue.

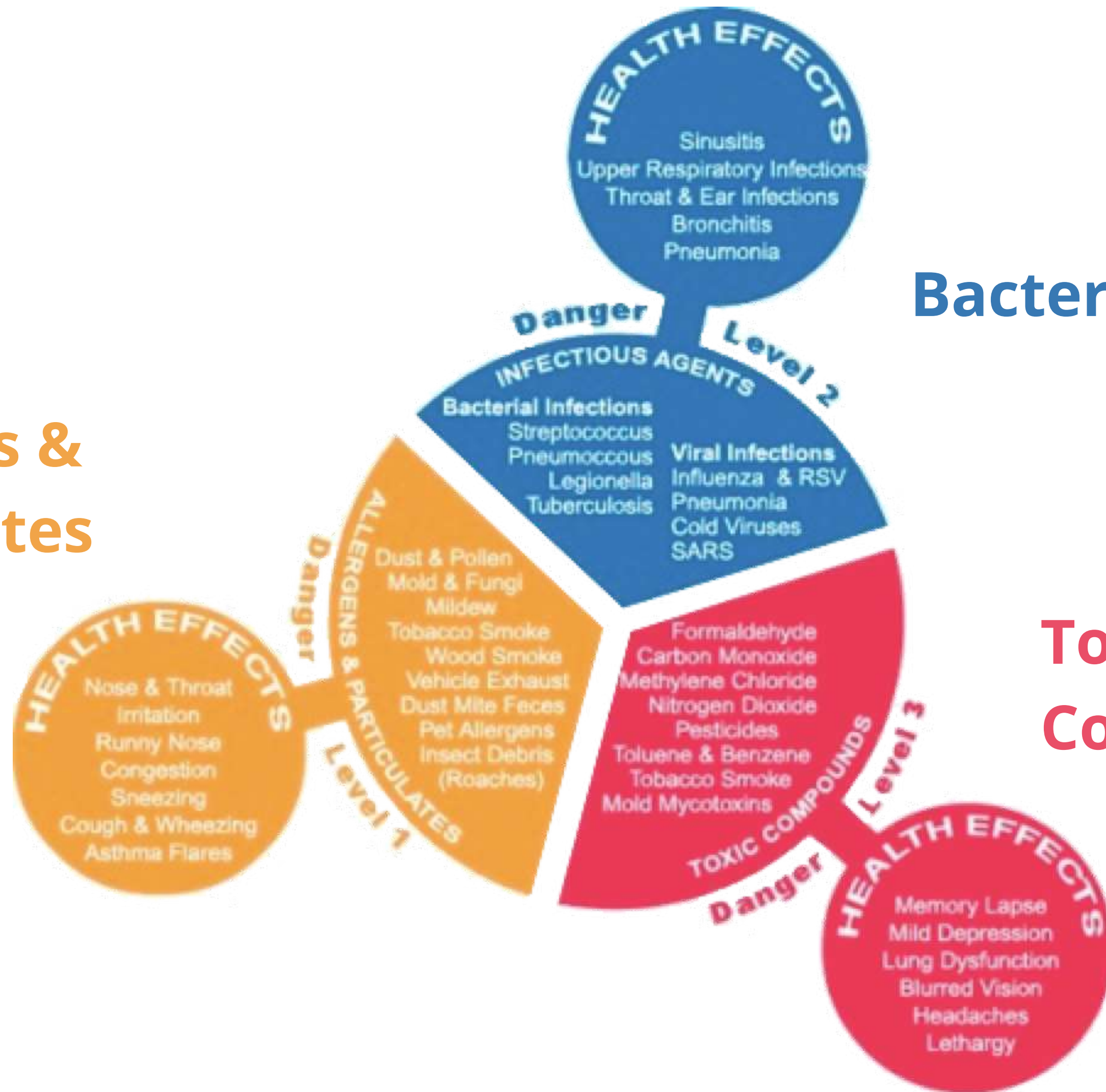
LONG TERM AFFECTS:

Other health effects may show up either years after exposure has occurred or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease and cancer, can be severely debilitating or fatal. It is prudent to try to improve the indoor air quality in your home even if symptoms are not noticeable.





Allergens & Particulates



Bacterial/Viral

**Toxic
Compounds**



TIPS FOR MAINTAINING HEALTHY AIR IN YOUR PROPERTY





**When was the last time you
changed your air filter?
Change these regularly!**

**High-efficiency particulate air
(HEPA) filters prevent the
spread of airborne toxins,
allergens and pollutants.**



Opening your windows regularly will help improve property ventilation. By letting the outside air in – and the inside air out – fresh air will reduce the affects of airborne contaminants like VOCs, viruses and unwanted moisture.



Dust with a damp cloth and vacuum regularly.

HEPA vacuum filters help to eliminate the risk of recirculating airborne toxins.

GENERAL GOOD HEALTH TIPS:

- **Wash your hands regularly** – Always wash your hands thoroughly after being outside of your home or playing with your pets to eliminate bacteria and the spread of germs.
- **Take your shoes off indoors** – Bacteria can travel on shoes so take them off when entering.
- **Invest in a “paw wiper”** to prevent your pets from tracking in unwanted bacteria from the outside.
- **Use an air filter or purifier** – air purifiers have been shown to reduce airborne particulate matter, resulting in improved blood vessel health.





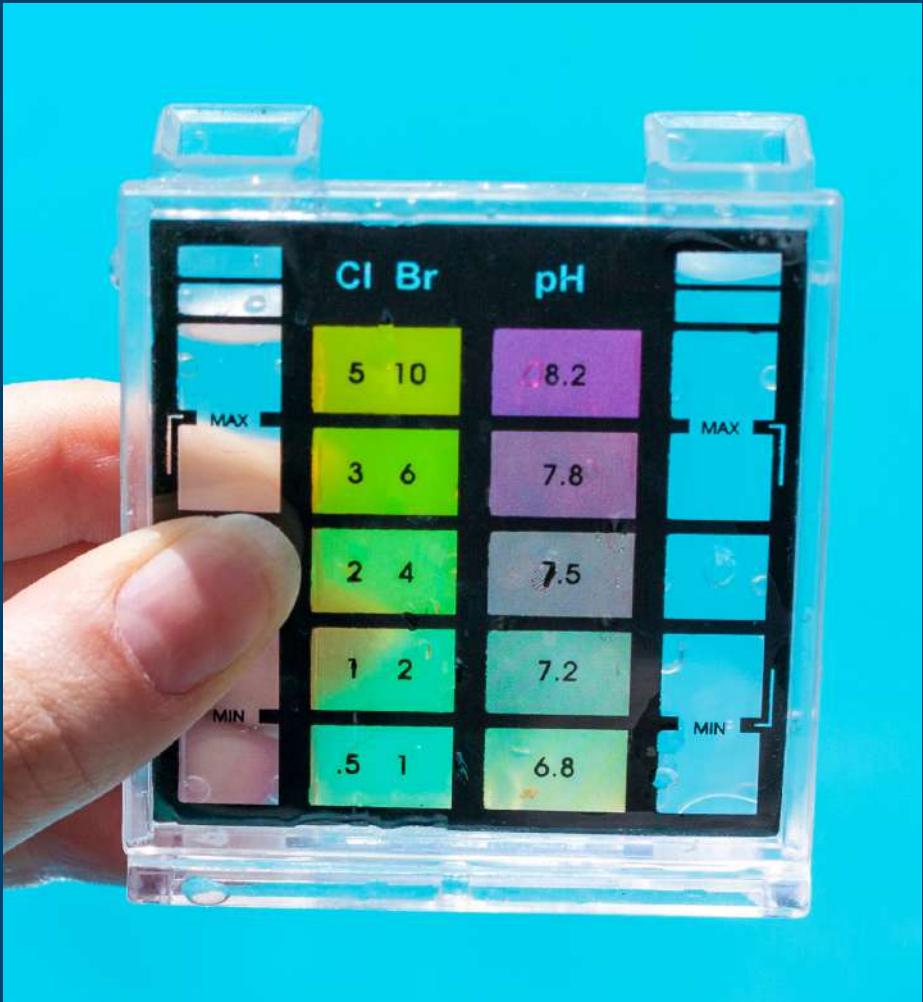
AIR QUALITY TESTING





How Do I Check My Air Quality?

1. Purchase an indoor air quality monitor.
2. Call TSR to perform air sampling for laboratory results.
3. Install carbon monoxide detectors.
4. Conduct a radon test.
5. Inspect your property for VOCs, Lead and Asbestos.



AIR QUALITY IS MEASURED WITH THE AIR QUALITY INDEX, OR AQI. THE AQI WORKS LIKE A THERMOMETER THAT RUNS FROM 0 TO 500 DEGREES. HOWEVER, INSTEAD OF SHOWING CHANGES IN THE TEMPERATURE, THE AQI IS A WAY OF SHOWING CHANGES IN THE AMOUNT OF POLLUTION IN THE AIR.

	AQI	PM 2.5 (ug/m3)	PM 10 (ug/m3)	VOC (ppm)	CO2 (ppm)	Formaldehyde (ppm)
Good	0-50	0 - 12	0 - 54	0 - 15	400 - 650	0 - 0.2
Moderate	51 - 100	12.1 - 35.4	55 - 154	16 - 25	651 - 1500	0.21 - 0.4
Unhealthy for sensitive groups	101 - 150	35.5 - 55.4	155 - 254	26 - 50	1501 - 2000	0.41 - 0.6
Unhealthy	151 - 200	55.5 - 150.4	255 - 354	51 - 75	2001 - 2500	0.61 - 0.8
Very Unhealthy	201 - 300	150.5 - 250.4	355 - 424	76 - 100	2501 - 5000	0.81 - 1
Hazardous	301 - 500	250.5 - 500	425 - 600	101 - 150	5001 - 15000	1.01 - 1.2

Air Quality Index (AQI)						
The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be a concern for you.						
Levels of Health Concern	Good	Moderate	Unhealthy for sensitive groups	Unhealthy	Very healthy	Hazardous
US AQI Colors	Green	Yellow	Orange	Red	Purple	Maroon
Air Quality Index (AQI) Values	0-50	51-100	101-150	151-200	201-300	301-500
Face Icon						



INDOOR AIR QUALITY METERS

An **Indoor Air Quality Meter** quickly checks for carbon dioxide concentrations, as well as temperature, humidity, dew point, and wet bulb.

An **Air Quality Monitor** is a device that tracks temperature, humidity, particulate matter PM2.5/PM10, formaldehyde (HCHO) in your space.



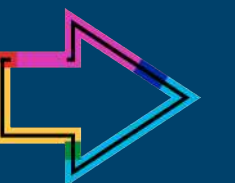
AIR SAMPLING

Air sampling is a process used to determine what airborne contaminants are present in an environment.

It uses special instruments to detect contaminants such as gases, vapors, dusts and fibers in the air.



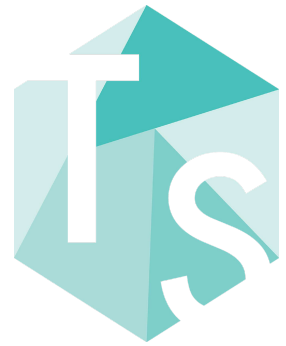
**TIME FOR THE AIR
SAMPLING DEMO!**





AIR SAMPLING





WHAT IS AN INDOOR AIR QUALITY SPECIALIST?

Indoor Air Quality Specialists - like Tri State Restorations - have unique training to diagnose, consult, and remedy common indoor air quality issues.

We are a member of the IAQA (Indoor Air Quality Association).

Our employees are trained to understand the fundamentals of airborne and particulate toxins and infectious agents, how it affects the indoor air quality of your property and your health.



IAQA™



2 TIERS OF MOLD TESTING

Mold Estimate Tier 1 = \$250

Includes: onsite technician, use of PPE, moisture assessment via Hygrometer/Protimeter, FLIR infrared camera, borescope and written estimate with remediation recommendations.

Mold Estimate Tier 2 = \$550

Includes: onsite technician, use of PPE, FLIR infrared camera, borescope, tape sample + 3 Air samples [outside, unaffected inside and affected inside], EPA registered lab testing, written estimate with remediation recommendations. *Additional sampling available for extra cost.*





ASBESTOS INSPECTIONS

Asbestos Inspection Services = \$500+

Includes: onsite licensed EPA Asbestos Inspector, use of PPE, thorough property examination with use of specialized asbestos sampling tools & equipment, FLIR infrared camera, EPA registered laboratory results, written statement of work with abatement recommendations and vendor list.

(Actual costs are dependent on property square footage and scope of work, call us for an estimate!)



IN CLOSING...

If you suspect you have a property hazard, or require our assistance with water, fire, smoke, lead or biohazard damages, give us a call! We're available 24/7 to help with your disaster:

866-818-1949





QUESTIONS?

Enter them into the Q&A or chat box now!



GRAND PRIZE DRAWING TIME!



GEORGETOWN CUPCAKE



HELP US PLAN FUTURE COFFEE BREAKS!

What would you like for us to feature in 2022? Let us know by completing the post-event survey! *As always, today's recording and past VCBs can be found at TriStateRestores.com/vcb*



LIKED THIS PRESENTATION?

Let us know by reviewing Tri State Restorations on Google, Facebook or Angi and we'll send you a \$25 Amazon gift card!

SEE YOU JAN 26!



WE'RE TAKING A BREAK FROM THE VCB FOR THE HOLIDAYS...
BUT THAT DOESN'T MEAN WE'LL LEAVE YOU HANGING!

**Look out for an exclusive invite to join our
holiday activities and events & you could WIN BIG!**





24-HOUR EMERGENCY LINE

866-818-1949



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TriStateRestores.com



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