

NOOK & CRANNY

Monthly Newsletter

May 2021

Inside the Issue



CDC GUIDELINES

Even with the COVID-19 vaccines, the CDC is still recommending these tips to keep your home safe.

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TIP OF THE MONTH

Got a funky smell coming from your kitchen sink?

The culprit is most likely your garbage disposal!

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DOES YOUR WEEKEND LOOK LIKE THIS?

Let us take the stress of cleaning off your list.

REGAL CLEANING SERVICES

Cleaning With Care...

We know we're not the only competitively priced cleaning service in town, but we make it a priority to guarantee all of our techs are well trained and appreciated. We focus on employee satisfaction to ensure our techs enjoy what they do and take pride in their work. You can be certain that Regal Cleaning Services strives for employee longevity, which in turn means you're hiring a local company giving YOU time back!



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CDC Cleaning Guidelines

When and How to Clean Surfaces in Your Home

The CDC provides guidelines on cleaning your home to be proactive against germs and bacteria.

Clean Regularly - a household cleaner that contains soap/detergent will reduce germs on surfaces while decreasing the risk of infection from surfaces.

- High touch areas are at risk for carrying germs
 - Light switches
 - Door knobs
 - Countertops
- Any visible dirty areas
- Follow product guidelines and instruction for each surface type.

Reduce Contamination of Surfaces

To reduce contamination on surfaces, take steps to limit contamination from airborne particles or touching surfaces with contaminated hands.

- Isolate people who are ill with COVID19
- Wash hands often, especially when returning from outdoor activities.

“

Our bodies are
our gardens to
which our wills
are gardeners.

- William Shakespeare





FUNKY SMELL cont.

While the vinegar and baking soda are busy fizzing inside the disposal, combine the two again—this time outside the appliance in a cup—to create a thick paste. Follow manufacturer instructions when cleaning sink & counter surfaces.

Put some of that paste on an old toothbrush, and use it to scrub down the top and bottom surfaces of the rubber flaps along the neck of the disposal.

Those flaps are likely to be as bacteria-ridden as any other component.

So while you're at it, think about giving a good scrubbing to the rubber parts on your sink stopper, too, if there are any.

Now's the time to engineer one final flush of the garbage disposal.

First, plug the drain opening.

Second, run the water in the sink until its basin is about three-quarters full. Add a teaspoon of dish soap, then finally remove the drain plug, letting the water drain out all while the disposal runs.

FUNKY SMELL?

Cleaning your garbage disposal can help prevent and remove foul odors, and some cleaning methods can also help keep the kitchen drains clear. When the kitchen sink starts giving off bad smells, it's a sure sign that the garbage disposal and drains could use some cleaning.

Drop about a dozen ice cubes into the garbage disposal, followed by a half-cup of rock salt. Restore power to the disposal, so that you can turn on the mechanism while running water down the drain. Keep it on for about a minute, until all the built-up grime and gunk has fallen away from the disposal blades.

Pour a cup of vinegar and a half-cup of baking soda into the disposal. Let the combination fizz for about 15 minutes. In the process, the acidity of the solution kills bacteria, including salmonella and E. coli. Stick with the natural cleaners here; no toxic chemical should be used. Just as bacteria can come flying out of the disposal, compromising the sanitation of your kitchen sink, so too could a chemical.



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