



Stay-At-Home Maintenance Tips

During this time of self-isolation, our homes (and patience) will face increased use. Our goal is to bring you helpful tips to ensure your living space and your mind work smoothly during this time.

Find more helpful tips [here](#).

Double up on cozy



More time at home means increased energy use & higher utility bills! With the warmer weather fast approaching, finding ways to cut back (like turning down the furnace) can help put a little back into our pockets.

To stay warm without cranking up the thermostat, try these first:

- Layering up - throw on a sweater or some cozy socks!
- Snuggle up with a blanket & warm beverage
- A quick game of Tag or Jumping Jacks

Wipes clog pipes

Most of us have increased our use of cleaning wipes - whether they be disinfecting wipes for the home or personal cleansing wipes.

Although many are deemed "flushable", they contain microplastics which, when combined with oils & fats, form blockages in our sewer systems leading to **Fatbergs!**

So whether or not it says ok to flush - always ensure your wipes end up in the garbage!



Get your Vitamin D

Spending extra time indoors can leave you feeling cooped up and crammed!

It's imperative we all do our part during this time of quarantine and social distancing but it's also important to take care of yourself & your mental health.

10-30 minutes of midday sunlight is the most natural way to get your Vitamin D - stay safe & keep your distance but let those rays find your face!

