

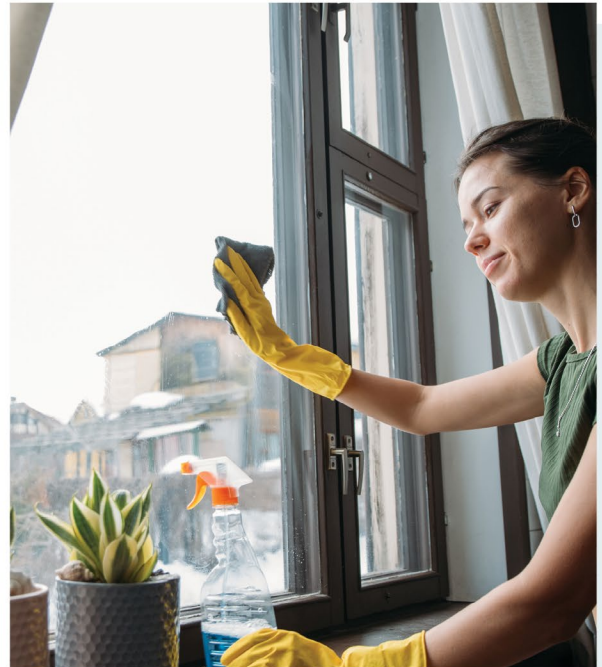
March 2025

Provided by Cottingham & Butler

Spring Cleaning Safety

Spring can be a popular time to clean your living space. Spring cleaning can help improve air quality, boost productivity and reduce stress. Before you begin, it's important to understand how to clean safely and efficiently. Consider the following spring-cleaning safety tips:

- Follow instructions on cleaning product labels.
- Wear personal protective equipment, such as a mask and gloves.
- Open a window to circulate fresh air and prevent chemical or allergic reactions.
- Keep cleaning products out of reach of children and pets.
- Walk cautiously on freshly mopped floors.



Health Tips for Spring

With warmer weather on the horizon, spring can be an ideal time to focus on healthy habits and prioritize your well-being. Consider implementing the following healthy habits in spring:

- **Incorporate fresh produce into your diet.** Spring can be a good time to reassess your diet and add seasonal fruits and vegetables to your meals.
- **Drink more water.** Most people are more active in spring, so staying hydrated is even more important.
- **Go outside for walks.** Sunlight and exercise can promote the release of serotonin, which can boost your mood and help your body produce vitamin D.

- **Practice sun safety.** Use sunscreen whenever you go outside, even if it's just a 10-minute walk.
- **Schedule time for rest.** Remember to prioritize your mental health. Take a moment every day to do something that relaxes your mind, such as reading a book or meditating.

Consult us for more wellness resources.

Live Well

World Tuberculosis Day

World Tuberculosis Day is March 24. This represents a day to raise public awareness about the devastating health, social and economic consequences of tuberculosis (TB). While many people consider TB to be a disease of the past, it is the world's deadliest infectious disease. In fact, 1.25 million people died of TB in 2023, according to the World Health Organization.

TB is an infectious bacterial disease that spreads through the air. Although the risk of infection is considered low in the United States, there has been a recent outbreak in Kansas. As of Jan. 31, 67 cases of active TB and two deaths have been counted, making it the largest outbreak in the US in the past 30 to 40 years.

While the overall risk of contracting TB in the United States is low, it's still important to be aware of the symptoms. TB may cause the following symptoms:

- A cough that lasts longer than three weeks
- Chest pain
- Coughing up blood or phlegm
- Weakness or fatigue
- Weight loss
- No appetite
- Chills
- Fever
- Night sweats

Contact your health provider if you have these or other health concerns.

Spring Break Travel Tips

Going on vacation can leave your home vulnerable to break-ins and burglaries. Consider the following tips to keep your home safe when you're away on spring break:

- Install a home security system.
- Refrain from posting about your trip until you are home.
- Ask a friend to watch your house for suspicious activity.
- Put your lights on a timer to make your home appear occupied.
- Don't leave a key outside.
- Lock all doors and windows.
- Review your homeowners insurance coverage to ensure it includes coverage for theft, vandalism and fire.