



## St. Louis Cleaning & Restoration Publishes Article on Preventing Sick Building Syndrome

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St. Louis Cleaning & Restoration, a company based in St. Louis, Missouri, has announced that they have recently published a blog post on how to prevent sick building syndrome. The article titled, "Is the Workplace Making People Sick?" seeks to make employers be aware that it is not just the COVID-19 virus that they should be wary of, but also the possibility of their workers suffering from sick building syndrome, which can affect their productivity. Sick building syndrome occurs in a building or other types of enclosed spaces where there is poor indoor air quality. Symptoms may affect the respiratory, skin, and neurological systems. And those who already have allergies and respiratory illnesses may experience severe symptoms.

Kevin Finn, owner of St. Louis Cleaning & Restoration, says, "With employers reopening their doors again to employees and customers, much preparation is necessary. Because the COVID-19 virus is still around, business owners and commercial property owners should follow the CDC guidelines to ensure a safe and healthy work environment. That means their building needs to be cleaned and disinfected before anyone enters. Thoroughly cleaning a building should not be a one-time occurrence. Proper maintenance is key to

preventing the spread of any virus and sick building syndrome (SBS).?

Symptoms of SBS include throat irritation; tightness in the chest; breathing difficulties; allergy-like symptoms, such as sneezing; runny nose; headaches; dry, itchy skin rashes; and burning sensations in the nose. There are a number of possible causes of SBS. These include buildings with poor ventilation, tobacco smoke, high levels of dust, outdated computer displays that cause eye strain, rooms with poor lighting, high levels of stress at work, pesticides, chemicals in the air from cleaning products, presence of mold or fungus, and heat or low humidity.

The article explains that there are three ways to fight sick building syndrome. First is to schedule regular cleaning and maintenance provided by a professional cleaning company. This will not just help in preventing SBS but also in preventing the spread of the coronavirus. The second way is to enhance ventilation and minimize pollution. This means it is a good idea to have the HVAC system inspected regularly to make sure that it is functioning properly and that it is not contaminated. The air filters will need to be replaced every few months because dust accumulates in the filter and this will usually be recirculated back into the building. All chemicals should also be properly stored and the paint used should be ensured to emit only low levels of volatile organic compounds.

The third way to prevent SBS is to prevent excessive dryness or moisture in the air. Too much moisture in the air can encourage the growth of mildew, which can cause irritation and trigger allergies. On the other hand, if the air is too dry, it can also cause irritation. A humidifier may be used to ensure that the humidity level is between 40 and 70 percent.

St. Louis Cleaning & Restoration may be able to help in preventing SBS. They have been providing residential and commercial cleaning and restoration services in St. Louis since 1991. Their services include carpet cleaning, air duct cleaning, fire damage restoration, mold remediation, and water damage restoration. They also provide 24/7 emergency cleaning and restoration services.

When providing their carpet cleaning services, they make use of proprietary chemicals and cleaning supplies for cleaning and restoring all kinds of carpets and hard flooring surfaces. They can also clean fine area rugs including the plush carpeting in the home or office. What distinguishes them from other professional cleaning companies is their use of a patented recirculating system that keeps clean and hot water moving through the carpet fibers, and hot water extraction methods that get rid of dirt and bacteria.

Those who would like to know more about preventing sick building syndrome in their office or property may want to visit the St. Louis Cleaning & Restoration website or contact them through the telephone or via

email.

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For more information about St. Louis Cleaning & Restoration, contact the company here: St. Louis Cleaning & Restoration Kevin Finn (314) 428-3600 info@stlcandr.com 10550 Kahlmeyer Dr St. Louis, MO 63132

## **St. Louis Cleaning & Restoration**

*At St. Louis Cleaning and Restoration, we set the highest standards for technician training and certification, to ensure that we provide the highest level of service. We deliver the solutions you need for your restoration and cleaning challenges.*

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