

# Personal Lines

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inSights



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## How to Prevent Mold in Your Home

Mold can wreak havoc on your home and lead to significant property damage and financial losses. Mold can also cause various health issues for you and other members of your household, potentially leading to medical complications and expenses down the road.

In addition to the various potentially harmful impacts of mold, these issues can arise from many different incidents or conditions.

March is Flood Awareness Month; now is the time to understand that even a tiny amount of water seeping into your home could easily lead to widespread mold growth. Learning various ways to protect your home and family from mold is essential.

When limiting the possibility of having mold issues in your home, consider the following strategies:

- Keep humidity levels in your home as low as possible, such as by using air conditioners and dehumidifiers.
- Emphasize airflow throughout your home by using fans and ensuring ventilation systems function properly.
- Inspect your home's roof, walls and plumbing, and fix any cracks or leaks as soon as possible.
- Clean up any water damage, spills or other moisture promptly.
- Tear up any carpeting contaminated by floodwater or sewer water, or that cannot be dried out within 48 hours.
- Avoid having carpeted floors in areas prone to excess moisture, such as bathrooms and basements.

For more home maintenance and safety guidance, contact us today.

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## Tips for Driving Safely in the Spring

Spring driving conditions can be hazardous, and drivers should avoid getting a false sense of confidence because they perceive conditions to be safer than they may have been during the winter months. There are still plenty of potential risks you must be aware of when getting behind the wheel during this part of the year.

Consider the following tips to maximize safety and minimize the chance of being involved in an accident this spring:

- **Check the weather.** The rainfall and storms of spring can create dangerous driving conditions. Monitor the forecast before heading out and reschedule trips if possible.
- **Avoid flooded roads.** Melting snow and rain may leave standing water along your route. Be careful when driving in these areas, as doing so could lead to hydroplaning and loss of traction.
- **Watch for potholes.** Salt, sand, snowplow blades and changing temperatures can all erode pavement and leave dangerous cracks and holes in the road, which could cause damage to your vehicle and lead to accidents.
- **Be aware of foot traffic.** As the weather warms, you must be especially vigilant in watching for pedestrians, cyclists and wildlife.

Contact us today to learn more about auto safety and responsible driving habits.

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## Celebrate National Nutrition Month

Every March, the U.S. Food and Drug Administration recognizes National Nutrition Month. This campaign aims to help the public understand, establish and maintain healthy eating habits.

In recognition of this year's National Nutrition Month, consider the following strategies for achieving a healthy diet:

- Plan your meals ahead of time to ensure you are including a healthy and balanced mix of foods.
- Check labels carefully to identify all ingredients being used in products.
- Prioritize fruits, vegetables and whole grains, and limit processed foods or those high in saturated fat or sugar.
- Consider using slices of lemon or lime to flavor water instead of drinking soft drinks or other sugary beverages.

[Click here](#) to learn more about National Nutrition Month or contact us today for additional health and wellness resources.

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