



TRIAD
PROPERTY
RECOVERY

Safe at Home Again

A HOMEOWNER'S GUIDE TO TRAUMA & BIOHAZARD CLEANUP

How to protect your health, home, and peace of mind after the unthinkable.



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A Note From Triad Property Recovery

If you are reading this, something difficult has happened in your home.

This guide is here to help you take the next steps with more confidence and less fear.

Our team at **Triad Property Recovery** works with families and property owners across North Texas after the following events:

- Medical emergencies
- Death in the home
- Undiscovered or unattended deaths
- Severe hoarding or filth
- Sewage backups
- Rodent or animal infestations
- Drug residue or suspected drug labs

In the pages that follow, you'll find:

- What "biohazard" really means
- Safety steps for the first hours and days
- How professional cleanup works
- What you can do yourself and what you shouldn't do
- A practical checklist you can follow when facing a biohazard situation

This guide is not medical, legal, or mental health advice. It is general guidance from a team that does this work every day. When you are unsure, always choose safety and call a doctor, mental health professional, or emergency services.

You do not have to figure this out alone.

— The Triad Property Recovery Team

1. What Biohazard Really Means

What Is a Biohazard?

A **biohazard** is any biological material that can make people sick. In a home, this usually means:

- Blood
- Body fluids (urine, feces, vomit, etc.)
- Body tissue
- Sewage
- Heavy rodent or animal droppings
- Mold and some types of bacteria
- Residue from illegal drug activity

These materials can carry germs you cannot see. Some germs can live in carpets, walls, and furniture long after a visible stain is gone.

Common Situations in Homes

Several events can create a biohazard in a home, including:

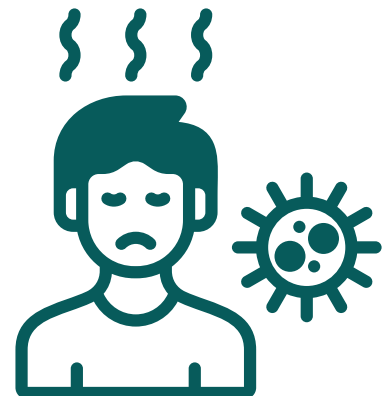
- A serious injury with a lot of blood
- Medical complications
- Suicide or homicide
- An undiscovered death
- Hoarding and extreme filth
- Sewage backups or toilet overflows
- Heavy rodent or animal infestation
- Drug use that leaves residues

Why Biohazards Are a Big Deal

Biohazards matter because they can:

- Spread disease
- Trigger breathing problems
- Create strong, lingering odors
- Lower property value if not handled correctly
- Create additional damage if contamination spreads

Even if the incident is over, the risk may not be.



Myths vs. Facts

Myth:

"If I pour bleach on it, it's fine."

Fact:

Bleach is only one tool. While it can help on some hard surfaces, it can't reach deep into soft materials or replace a pro's judgment about what must be removed, what can be safely cleaned, and which products will actually make the area truly safe.



Myth:

"Handling it myself will save money."

Fact:

DIY cleanup can spread contamination, damage materials, and cause health issues. It can also complicate insurance claims and future home sales.

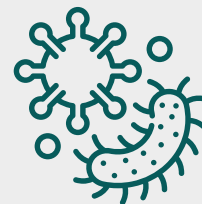


Myth:

"If it looks clean, it is safe."

Fact:

Many germs and residues are invisible and can also hide in porous materials, such as drywall and grout.



Fact: There are trained professional teams who handle this type of cleanup every day and can help you.

2. The First 24 Hours – Safety Before Anything Else

Step 1: Check for Emergencies

Ask yourself:

- Is anyone hurt or in danger right now?
- Is there fire, gas leak, or major structural damage?



If yes, call 911 immediately and follow their directions. Your safety and life come before the home.

Step 2: Protect Your Family and Pets

Until you know more about the contamination, treat the affected area as unsafe.

- Keep children, elderly relatives, and pets away from the room or area.
- Do not let anyone sit, lie, or eat near visible contamination.
- Avoid eating, drinking, or smoking anywhere in or near that area.



If you're unsure where it is safe to walk, stay in a different part of the home or step outside.

Step 3: Secure the Area

Once authorities say it is okay to be in the home:

- Close doors to the affected rooms.
- Put a simple note on the door: "Do Not Enter – Unsafe."
- Do not move or pick up anything in the affected room unless directed by police or other authorities.



If you can safely open a window in an unaffected area, you can do that to bring in fresh air. Avoid running ceiling fans or box fans that blow air directly over the contaminated space. Do not turn on the HVAC system if there is heavy contamination. You do not want to spread contaminated air through the whole home.

2. The First 24 Hours – Safety Before Anything Else

Step 4: Decide Where You Will Stay

Ask yourself:

- Do I feel safe sleeping here tonight?
- Can I avoid the affected area completely?

If the answer is no, consider:

- Staying with family or friends
- Using a hotel or short-term rental
- Asking your insurance company if they cover temporary housing



You may only need to relocate for a short time, but it can reduce stress and keep everyone safer.

Step 5: Start the Phone Calls

Within the first day, you may need to call:

- Law enforcement or coroner, if not already involved
- Your property manager or landlord, if you rent
- Your homeowner's or renter's insurance provider to start a claim
- A professional trauma and biohazard cleanup company (**like Triad Property Recovery**)

SCAN FOR TRUSTED HELP



When you call, keep it simple. You don't need to share every detail.

Say something like, "We had a traumatic incident in our home. There are bodily fluids in one room. I need to know what to do next."

Write down:

- The date and time of the call
- The name of the person you spoke with
- Any claim or reference numbers they give you



3. What Professional Trauma & Biohazard Cleanup Involves

Proper cleanup is a step-by-step process designed to protect health and property. Here's how a professional team like Triad Property Recovery typically handles a job.

Step 1: Assessment and Safety Plan

When we arrive, we:

- Listen to your account of what happened
- Walk through the affected area (using appropriate gear)
- Take photos and notes for documentation
- Identify what surfaces/items are affected

We then build and explain a plan that covers:

- What must be removed
- What can be cleaned and saved
- How we'll protect clean areas
- Safety steps we must take

Step 2: Containment and Protection

Next, we protect the rest of your home:

- Put up plastic sheeting and barriers to separate clean and dirty areas
- Lay down floor protection in paths where we will walk
- Set up air filtration equipment if needed

Our team's protective gear:

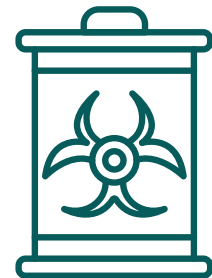
- Gloves
- Full suits
- Masks or respirators

This reduces risk to both you and our team.

Step 3: Removal of Contaminated Materials

Some items that cannot be safely cleaned might include:

- Sections of carpet and padding
- Mattresses or upholstered furniture
- Soft goods, like certain clothing or bedding
- Sections of drywall, baseboards, or subfloor



We label and dispose of these materials in accordance with state and local rules.

3. What Professional Trauma & Biohazard Cleanup Involves

Step 4: Deep Cleaning and Disinfection

Once the worst contamination is removed, we:

- Clean surfaces to remove visible soil
- Apply professional-grade disinfectants
- Allow proper dwell time so products can work
- Wipe, rinse, and repeat steps as needed



We focus not only on what you can see, but also on nearby areas that may have been affected.

Step 5: Odor Control and Air Quality

Trauma scenes, sewage, and long-term contamination often come with strong odors. We address this by:

- Using air scrubbers with HEPA and charcoal filters
- Using odor-control products, equipment, and techniques
- Watching for signs of hidden moisture or mold

Step 6: Verification and Documentation

Before we finish, we:

- Perform a careful visual inspection
- May use testing tools when appropriate (for example, adenosine triphosphate [ATP] meters that check for contamination on surfaces)
- Take after photos to show the completed work

We can provide documentation for:

- Your personal records
- Insurance claims
- Future property sale questions

What This Means for You

Proper professional cleanup:

- Lowers the risk of illness
- Helps protect property value
- Gives you proof that the situation was handled correctly
- Lets you focus on your family instead of the mess



4. What You Can Do Yourself (And What You Shouldn't)

You may feel pressured to do something right away. Some tasks are safe and helpful. Others are risky.

Safe Tasks for Homeowners

These steps are usually safe, if they do not involve direct contact with contamination:

- Stay out of the affected room(s).
- Keep kids, pets, and guests away from the area.
- Gather important documents, medications, and valuables from clean rooms.
- Start a folder or envelope for receipts and notes.
- Call insurance and cleanup professionals.
- Take photos from a distance without touching or moving anything.

You are doing enough by making informed decisions and protecting your family.

Tasks You Should Not Do Yourself

For your safety, do not:

- Scrub, wipe, or mop up blood or other bodily fluids.
- Cut out carpet, padding, or drywall that is stained or wet with bodily fluids.
- Bag or move large contaminated items (mattresses, couches, chairs).
- Handle areas involved in an active police investigation without clear permission.
- Mix cleaning chemicals (like bleach and ammonia), this can create toxic gas.

If any part of you says, "This feels like too much," trust that instinct and step back.

"Small Mess" vs. Biohazard – A Simple Guide

Typical small household mess:

- A minor cut on a finger that drips on the floor
- Food spills
- Pet accidents that are cleaned up right away

Likely biohazard:

- A large amount of blood or bodily fluids
- Any situation involving death
- An incident that soaks into carpet, furniture, or bedding
- Sewage backups or dark water
- Heavy rodent droppings or infestations
- Suspicion of drug manufacturing or residue



When in doubt, it is safer and often cheaper in the long run to let professionals handle it.

5. Regaining Control – Practical Steps to Move Forward

Trauma can make you feel like you lost control of your space and your life. Small, clear actions can help you move back toward stability.

Get Organized

Create a simple system for paperwork and notes:

- Use a folder or large envelope for:
 - Incident or police report number (if there is one)
 - Insurance claim numbers and contacts
 - Business cards from professionals (cleanup, contractors, counselors)
 - Receipts for hotels, meals, and other extra costs



Keep a single sheet of paper with:

- Important dates
- Key phone numbers
- A short timeline of what has happened so far

This helps you avoid repeating the same story to every new person.

Plan for Repair and Restoration

Cleanup is Step 1. Repair is Step 2.

After the biohazard is removed and the area is safe, you may need:

- New flooring, carpet, or drywall
- Fresh paint or textured walls
- Replacement of trim, cabinets, or fixtures

When speaking with contractors, you can ask:

- Do you have experience working in homes after trauma or biohazard cleanup?”
- “Can you coordinate with my insurance company?”
- “Can you explain your plan and timeline?”

You are allowed to choose contractors who respect your situation and communicate clearly.



6. How Triad Property Recovery Can Help You

Who We Are

Triad Property Recovery is a trauma and biohazard cleanup company serving North Texas. Our work focuses on:

- Trauma and crime scene cleanup
- Unattended and undiscovered deaths
- Hoarding and extreme filth cleanouts
- Sewage backups and other major contamination
- Other biohazard and specialty cleanup situations

Our team is trained in safe handling, cleanup, and disposal of biohazard materials. We follow industry standards and local rules to protect you, your family, and your property.

How We Work With Homeowners

When you call Triad, we:

- Listen first, without judgment
- Ask a few focused questions so we can respond safely
- Explain what we can do and what you can expect
- Walk you through the plan before we start work
- Keep you updated as we go

We can often work directly with your insurance company to reduce your stress.

What Makes Triad Different

We know this is not just a “job site.” It is your home. We focus on:

- **Safety:** For your family, pets, and neighbors
- **Respect:** For your story, your privacy, and your belongings
- **Clarity:** Simple, honest explanations
- **Care:** We recognize the emotional weight of what you are facing and act accordingly

“Will my neighbors know what happened?”

We work discreetly and respect your privacy. Our focus is on safety and professionalism, not attention.

“Can you help with insurance?”

We provide documentation, photos, and detailed invoices for your insurance company. We can also speak directly with your adjuster.

“How long will cleanup take?”

It depends on the size and type of contamination. Some jobs take several hours; others may take a few days. We will give you a clear time estimate once we see the space.

7. Home Safety Post-Trauma Checklist

A. Immediate Safety – First Minutes to Hours

- Call 911 if anyone may be injured or in danger.
- Keep children, elderly family members, and pets away from the affected area.
- Do not touch or move anything in the area involved in the incident unless directed by authorities.
- Avoid eating, drinking, or smoking in or near the affected area.

B. Before You Re-Enter or Move Around the Home

- Confirm with law enforcement or authorities that it is okay to re-enter.
- If safe, close doors to affected rooms and place a “Do Not Enter – Unsafe” note.
- Turn off fans that may be blowing air over contaminated areas.
- Avoid running the HVAC system if contamination is close to vents or returns.
- Do not walk through visible liquids or heavily soiled areas.

C. Secure the Property

- Lock doors and windows once authorities have finished their work.
- Arrange for emergency board-up or temporary repair of broken windows or doors.
- Move vehicles to a safe spot if they were involved or at risk.
- Remove valuables (wallets, jewelry, documents) from unaffected rooms and store them safely.

D. Protect Your Health

- Do not attempt to clean blood, bodily fluids, sewage, or strong foul odors with household cleaners.
- Do not bag or move contaminated items (clothes, mattress, sofa, rugs).

If you must briefly enter an affected area:

- Wear disposable gloves and closed-toe shoes.
- Do not touch your face.
- Wash your hands well with soap and water afterward.
- If you feel dizzy, sick, or short of breath, leave the area and get fresh air immediately.

7. Home Safety Post-Trauma Checklist

E. Document for Insurance and Records

- Take photos of affected areas from a safe distance, without moving items.
- Write down the date, time, and a short description of what happened.
- Find your homeowner's or renter's insurance policy information.
- Call your insurance company to report the incident and start a claim.

Write down:

- Claim number
- Adjuster's name
- Adjuster's phone/email

F. Contact Professional Help

- Call a certified trauma and biohazard cleanup company, such as **Triad Property Recovery**.

Ask:

- "How soon can you be here?"
- "Do you work directly with my insurance?"
- "What should my family do while you're working?"
- Write down the name of the technician or team lead.

G. Care for Yourself and Your Family

- Decide if you need to stay somewhere else for a night or two.
- Tell a trusted friend or family member what happened and accept help if offered.
- Try to keep regular meal and sleep times.

Notice if you, your partner, or your kids:

- Have ongoing nightmares
- Feel constantly on edge
- Struggle to do normal daily tasks

If so, consider talking to a counselor, doctor, or faith leader.

8. When You're Ready, Triad Is Here to Help

If you have read this guide, you have already taken an important step. You are protecting your family and your home by getting informed. You do not have to carry the rest alone.

What Happens When You Call Triad Property Recovery

When you reach out to us:

- We listen first to understand what you are facing.
- We explain, in simple terms, what needs to happen to make your home safe.
- We handle the heavy work: containment, cleanup, disinfection, and odor control.
- We help you protect your health, your property value, and your peace of mind.
- When possible, we work directly with your insurance to reduce stress for you.

What You Avoid by Calling Us

By bringing in professionals, you reduce the risk of:

- Exposure to dangerous germs or chemicals
- Spreading contamination to other parts of your home
- Long-term odors or hidden damage
- Extra stress from trying to manage this alone
- Future questions from buyers or inspectors about how cleanup was handled

NEED HELP?
SCAN TO START YOUR
PROPERTY RECOVERY
TODAY

