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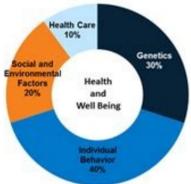


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Impact of Different Factors on Risk of Premature Death



SOURCE: Schroeder, SA. (2007). We Can Do Better — Improving the Health of the American People. NEJM 357:1221-8.



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A bit about your health

In general, do you have any health problems that require you to limit your activities?

No

Do you suffer from heart disease?

No

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No

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No

Do you smoke?

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Thank you for your help and vital contribution to the study of COVID-19.

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Start the machine at the corner of the square and press the detergent release button (located in the center of the handle). That, too, is a good investment. The machine itself will cost about \$25-\$30 to rent for 24 hours. And let me tell you, it's worth it. The Rug Doctor Steam Cleaner Christopher Peruzzi (owner) Prepping for the Job You have work to do before you start steaming. The prep work you need to do is common sense. The detergent will last a few cycles, but it all depends on how much you do at a shot. If you put cold water in it, it will remain cold. And even when we have our own steam cleaner to do spot cleanings, every once in a while, you have to get the industrial strength cleaners that were made for what I call "the big clean." When you do the "big clean," you really need to know what you're doing and be prepared for a thorough job. If there are multiple rooms, you can go through a large bottle in one renting. glamorous06 from United Kingdom on October 21, 2012: Funny article, actually hiring Rug Doctor with my dog was so expensive that got me motivated to get one of those for myself. Good article. While the Rug Doctor does not generate its own steam, you need to put hot steaming water into the water supply tank. Give the machine a two-second start before pulling it backward for the first pass. The slower you go the more you saturate the rug with the detergent. They'll sell you all of the cleaning supplies you'll need along with the machine. While it is true that the Rug Doctor is a steam cleaner, it has no mechanism that heats up steam. You can either use the hottest water your tap can make or you can boil the water. For time and energy's sake, I use hot tap water. The thing to remember with the chemicals is that the detergent goes into the machine and the anti foam goes where the wastewater goes. It's inevitable. It keeps foam from building in the machine. However, the steam used from hot water (that you put into it) comes out of it. For example, if I put tea from a kettle into a tea pot, the hot water made hot from the kettle will still be hot in the tea pot? Clear enough? Paul Cox on February 25, 2019: You did not answer the question. Just a squirt will do. You'll know you've run out of detergent because you won't see any more liquid come into the waste tank. Waste Water From a Rug Doctor Christopher Peruzzi (self) Emptying a Rug Doctor's Waste Tank This is one of the more disgusting yet gratifying things to do after you've finished one detergent cycle. You need to move the furniture off the rug first. And after a while, even for the best spot checker, your rug will look and smell terrible. I won't say that rug cleaners won't appreciate your business, but people judge. You can call that number and ask if you can purchase that one. If you want a new machine, you can always go to hope I answered your question. Lisa Mcrae on July 21, 2014: I have used your rug doctor before and I like it so I want to rent to own how do I do that? glamorous06 from United Kingdom on October 21, 2012: O, don't worry I am fine, it worked out fine for me. Be sure that it is set to CARPET and not UPHOLSTERY. The reason I do it this way is that it will give the detergent time to actually work. The technique for working the machine is simple, and it involves walking backwards. You can rent one of these in most supermarkets around the country. The first is that almost immediately you should see a difference in your rug. You'll see the difference in color tones. Do you not understand that does not make sense and is contradictory. Md Ali Ahmed Sumon from Dhaka, Bangladesh on January 19, 2019: very helpful Christopher Peruzzi (author) from Freehold, NJ on July 22, 2014: I'm glad you asked that. I can't answer for every vendor, but every machine I've ever rented has a phone number on the machine. The last thing you want is wet fur and hair in the machine, so make sure the carpet is free from loose debris. Using the detergent button Christopher Peruzzi (self) Chemicals for Steam Cleaning Carpet At minimum, you need two chemicals: The Rug Doctor Cleaner (detergent) and Anti Foam. You can also get the odor remover and the pet cleaner to mix in with the rest of the detergents. Technically, when you finish your first pass, tilt the machine backward and push it all the way to the level of where you started and slightly to the right. Repeat until you've made four to six feet of passes. Drag the machine backward 4 to 6 feet for your first pass. My recommendation is that you can either boil water and put that into the supply or use the hottest water you can get out of your tap, which I prefer; it's just easier, and you're less likely to burn yourself. My awesome dog which I adore to bits makes carpets dirty so it was worth to get one. Christopher Peruzzi (author) from Freehold, NJ on October 21, 2012: It's a sad day when we realize that buying is cheaper than renting. Candidly, though, the most expensive part of this process are the chemicals. If you have dogs, it's especially important to vacuum all the hair from the floor before you steam. At the same time, the slower you go, the more the machine will suck up. As far as the water is concerned, it should be hot. The former is just a lot of work. Here's one thing that isn't an option: a new rug. So long as you have a dog that is old (like my two dogs) or are crate training a puppy, a new rug is just a waste of time. I prefer to do 6' by 6' or 7' by 7' squares. If you are a pet owner and don't want to buy a new rug for your room every five years or so, I suggest you learn how to steam your rugs. You can do this by squeezing the switch on the handle. Once the machine is on, you'll need to attack your job in a series of squares. Let me clarify this. The Rug Doctor does not heat the water to make steam. However, for our purposes, we're going to clean the rug. You know you have to do it or hire someone else to do it. The traffic stains alone should tell you how dirty your rug is. The next thing you have to do is a thorough vacuuming of the room. While cold water will not work effectively, it will vacuum it up. The second is that when you see how dirty the water is that collects in your tank, it will make you wish you only walk on your rug with socks. Obviously, for most carpets, it will take more than one refilling of detergent and formula to finish one room. For what it is, the Rug Doctor is a good solid machine that you can rent and provided you can get hot water from your faucet (or boiled from your stove), it will do the job. © 2012 Christopher Peruzzi Christopher Peruzzi (author) from Freehold, NJ on May 29, 2019: Fine, Paul. Once you've made this square with vertical passes, do this again with a horizontal rotation. Everything is clear. Then do a fourth pass without applying detergent and just use the machine to suck up the excess cleaner. Then start another square. Do this until you run out of detergent. Of course, if you are going to use the upholstery attachment to steam clean your furniture and hard to get at places, that's up to you. You only said that the Rug Doctor does not really create steam but then you said that it makes steam as hot as you make it. If you have dogs, I recommend it for two reasons: It will pick up urine easier and it will kill any smell so that your dog may not find his favorite spot again. You will need ¼ cup of cleaner for every gallon of water. You need to make sure that all the dust and loose dirt is off the rug. One of the things that you'll need to do is either work with the outlets in the room to keep it away from the machine or hold the cord loosely coiled in your hand. You'll also want to lower the angle of the handle to something that's more comfortable for your height. Steam cleaners are inexpensive to use and will allow you to accomplish a task you can take pride in. For more information on the Rug Doctor and Rug Doctor products (as well as where to find a place to rent one), visit the Rug Doctor site. Rug Doctor Pro Carpet Cleaner Tutorial This article is accurate and true to the best of the author's knowledge. Repeat the formula mix with hot tap water and squirt more anti foam into the waste tank until you finish the job. A clean carpet after Rug Doctor Christopher Peruzzi (self) Final Words As a pet owner, I love my dogs. Unfortunately, I'm a little trepidatious about having another human being see how dirty my rug is when my dogs have frequent accidents. I'd just sooner have this work done and keep my four-pawed children's secret all to myself. Now you can start your steam cleaning. Before you start the machine, untrap the plug and cord from the machine. The latter is not even an option because you really don't want another person to see your rug. I recommend three passes from three different angles. Content is for informational or entertainment purposes only and does not substitute for personal counsel or professional advice in business, financial, legal, or technical matters. Questions & Answers Question: How hot is the steam from a Rug Doctor? Answer: That's a good question, and it points to something that I need to clarify. But every once in a while, it's time for "the big clean." Read on to learn how to properly use a Rug Doctor steam cleaner! Image created with Canva! Time to Deep Clean the Carpets You just can't avoid it anymore. When you're a dog owner, you don't need another person to tell you when you need to steam clean your rug. For your own sanity and for the love of your dog, this needs to be done. The other option to you doing your own rug is to have it cleaned professionally. But they are disgusting creatures that have accidents when I don't arrive home on time. Of course, if you have kids, you're just as prone to a soiled rug as a dog owner—you're just less reluctant to pick up the mess. In any event, you have a soiled rug and it's up to you to clean it. I have two old dogs, so I'm very familiar with routine carpet cleaning. It will motivate you to take your time when you do your rug. I recommend doing the latter. What the anti foam does is exactly what you think it does. When the detergent gets all foamy on the rug, it's the anti foam in the waste tank that keeps you from having a tank full of dirty suds. Making Rows Christopher Peruzzi (self) How to Steam Clean Carpet You've finished your prep. The machine will turn on and use the functions for carpet or upholstery. The machine will hold about four gallons of water. You fear it. My personal recommendation is to use The Rug Doctor. It either needs to be out of the way or out of the room. Remove the full waste tank and walk it to your toilet (or wherever you're going to dump it). Thank you for sharing. The steam is as hot as you make it. Question: Is a Rug Doctor a steam cleaner? Answer: Yes, it is. So, set it to CARPET. I find that keeping the cord out of the way is the biggest obstacle in using this machine. Pour the insanely dirty waste into it. There are two indicators that show Rug Doctor has done its job. I believe Rug Doctor recommends doing areas of 4' by 4' squares.



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