

Ways to reconnect

Suggestions, tips & tricks for partners



Take a Vacation

Go somewhere with fresh air to relax, learn, and reconnect.

1. Pre-treat indoor spaces (including rental cars) with Hellbender Sprays #1, #2 & #3 before your loved one enters.
2. Pack clothes and linens that have been washed in hellbender laundry additives. Keep individually bagged in sealed totes.
3. Learn to recognize early exposure symptoms - and help them stay calm and decon when it happens. Then get on with your day!!

Meditation

Find Calm in Clean Air

1. Meditate or simply sit quietly after both of you've showered with Hellbender Foams and are wearing fresh-laundered clothes.
2. Choose a clean outdoor spot or well-ventilated, mold safe room.



**Mindful moments can help you reconnect
with yourselves and each other.**



Go on a Picnic

Share a safe picnic in a clear location

1. Shower with Hellbender Foams and wash your clothing and picnic blanket with hellbender laundry additives.
2. Prepare and pack lunches in a mold safe space or order takeout, and transport in lidded baskets or sealed bags. Or let them bring the food!



The rule for keeping your loved one safe is simple: if they react to a place, then they will also react to anything that came from or spent time in that place - including you!

Learning how to decontaminate lets you prevent exposures that will trigger a reaction. Learning how to spot their early exposure symptoms (sometimes it's super helpful to discuss together & write these down) lets you help them stay calm, relocate themselves or the triggering item, decontaminate, and move on.

So, if anything came from or spent time in a place to which your loved one reacts, it *must* be decontaminated with the appropriate hellbender products - *then sequestered completely from the place that causes reactions.*

For example, bringing a picnic basket from home will make them sick if they react to the home from which it came. You must decontaminate it and then ***do not take it back into the home.***

If they react to your car, then they'll react to anything that was in your car - so use sealed bags and totes to protect items that you transport for them.

If they react to a store, then any purchases from that store must be decontaminated. Depending on the degree of their reactivity, you may need to shower and change before getting close to them after you've gone shopping.

Quick Decon Kit for Supporters

- Sprays #1 (Clean) & #2 (Clear): Fog and wipe surfaces.
- Spray #3 (Protect): Final microbial reseeding.
- Shower Foams #1–#3 + fresh change of clothes.
- Laundry #1 & #2: Hot-water wash + rinse cycle.
- Lidded totes, unscented personal items, bottled water for on-the-go decon.

Remember

This isn't "in their head." It's a real sensitivity to invisible residues. Your effort to decontaminate each item and prepare each setting shows care—and makes all the difference, one clean breath at a time.

Hellbender Solutions LLC • Mold Avoidance & Decontamination Experts
Made for the people who care enough to change their routine.