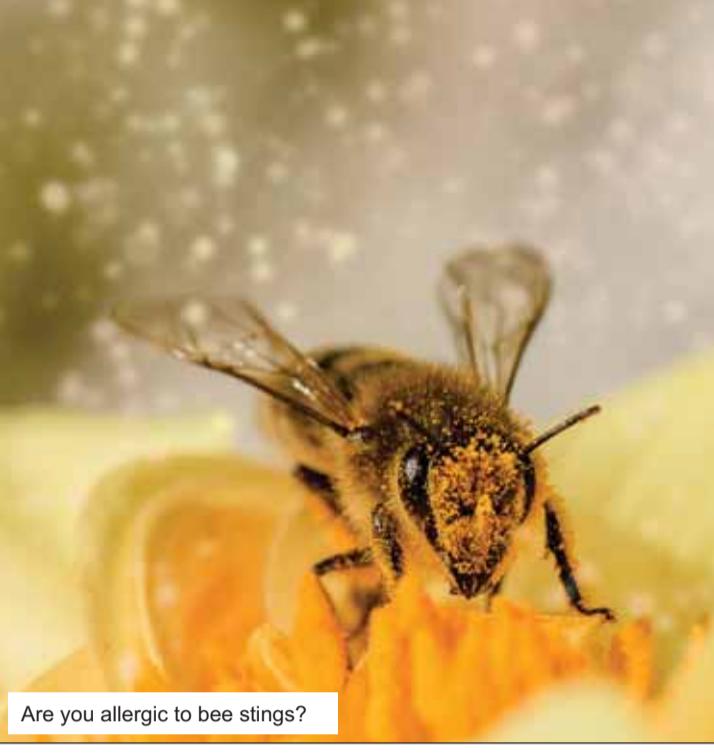


THE LIFESAVING EPIPEN



Are you allergic to bee stings?

If allergic to bee stings, your first defence against bee or wasp stings is an emergency epinephrine autoinjector (EpiPen, Auvi-Q, or another), as prescribed by a doctor. This device is a combined syringe and concealed needle that injects a single dose of medication when pressed against your thigh.

Because you never know when you will face a potentially deadly encounter with these little insects, it is vital that you always have your prescribed autoinjector with you. Always be sure to replace epinephrine at its expiry date. It is vital that not only you, but the people who are close to you, know exactly how to use an autoinjector in cases of an emergency. Consider wearing an alert bracelet that identifies your allergy.

Instructions for using an EpiPen

The EpiPen auto-injector is a disposable, pre-filled automatic injection device that administers epinephrine in the event of a severe allergic reaction.

You don't have to waste time to remove your trousers as it can be injected through clothing.

- Firstly, remove the EpiPen auto-injector from the carrier tube.
- Grasp the pen and make sure that the orange tip is pointing downward.
- Remove blue safety cap by pulling straight up, do not bend or twist.
- Remember: blue to the sky and orange to the thigh.
- Place the orange tip against the middle of the outer thigh at a 90-degree angle.
- Swing and push the auto-injector firmly into the thigh until it makes a 'click' sound.
- Hold firmly in place for three slow seconds – count slowly: '1 Mississippi, 2 Mississippi, 3 Mississippi'.
- Remove the pen and rub the area firmly afterwards, to help the absorption of the adrenaline.
- Start CPR if the person becomes unresponsive.
- Contact emergency services.



If allergic, your first line of defence is an EpiPen – keep it handy and close by.

DAISY EYES PRESTIGIOUS ACCOLADE

Rustenburg – Daisy Matlakala has done Rustenburg proud by being selected as a finalist in the 2021 Ms Africa Elite pageant. An aspiring young woman who is passionate about helping people, this determined Rustenburger is now hoping to go all the way and win the title. To achieve this, she must take part in initiatives that benefit her community as well as leave a lasting and title-winning impression on the judges.

Among her friends and associates, she is known as a kind, compassionate loving and empathetic person. That is why giving back to her community comes naturally to her. Since being announced as one of the finalists, Matlakala has been supporting the Dignity Dreams charity – a non-profit organisation that manufactures and distributes washable, re-usable feminine sanitary wear to underprivileged girls.

One of the reasons why Matlakala entered the pageant is her firm belief in using such platforms to advocate for gender equality and fighting violence against women and children. To this end, she has been using her social media platforms to highlight the negative effects of gender-based violence (GBV) in a move she hopes will assist in bringing about behavioural change within the community.

Chief executive officer of Pageants SA Carolyn Baldwin-Botha confirmed to *Platinum Weekly* that the finals will be held from 12 to 22 November this year. "We are hoping that by November, COVID-19 complications will be a thing of the past - so everything is on course regarding the finals. If there is a need, we will postpone the finals to February 2021, but we really hope that this will not be necessary."



Daisy Matlakala

FIGHT COLDS AND FLU WITH ROOIBOS

South Africa – For over a century, antioxidant-rich Rooibos tea has been used to help ease and provide protection against colds and flu. Its ability to support the immune system in fighting viruses, enhances the body's natural defence system making it a must-have pantry staple.

Here's how Rooibos can help fight coughs and sniffles this winter season:

One of the most important healing functions of Rooibos tea is that it keeps the body hydrated, unlike Ceylon tea, coffee and energy drinks, which could deplete the body of fluids. These drinks all contain caffeine which is a diuretic. When you're ill, you tend to lose a lot of fluids from sweating (if you have a fever) and a raised metabolism as your body increases its internal level of activity to battle the infection. Since Rooibos tea is 100% caffeine-free, it will keep you sufficiently hydrated. Drink up to six cups of Rooibos tea a day for maximum benefits. Sore throats and other aches and pains that are characteristic of colds and flu, could also benefit from Rooibos tea. Drinking the tea will keep your throat moist and help to reduce irritation.

Rooibos also has a calming effect on the body, which could help to alleviate tension and thus promote better sleep, which is essential for getting over a cold.

Adele du Toit, spokesperson for the SA Rooibos Council (SARC) says if you're looking for a natural way to beat colds and flu, look no further than Rooibos. "It is packed with polyphenols, which are micronutrients with

antioxidant activity. Polyphenols act as scavengers of free radicals throughout the body, which are detrimental by-products of cell metabolism that can cause inflammation. Aspalatin – a unique antioxidant found only in Rooibos tea, will help to boost immunity, whilst protecting the body against other illnesses, such as cardiovascular disease and diabetes."

For more information about the health benefits of Rooibos, visit www.sarooribos.co.za.

Meropa Communications obo the Rooibos Council press release extracts, 25 June 2020

Spicy Rooibos

Ingredients:

- A cup of strong Rooibos
- 1 tsp of lemon
- 1 tsp of honey
- ½ tsp of preferably fresh ginger (try a full tsp if it's not too strong for you)
- A pinch of cayenne pepper

Method:

Pour boiling water into a cup or mug, add one Rooibos teabag and let it steep for at least 5 to 6 minutes. Add a teaspoon of lemon, honey, ginger and a pinch of cayenne pepper.

* If you prefer something cold, make your own herbal ice lollies or ice chips using the same Rooibos tea combination as above.

