

Join the Rustenburg clean-up campaign

Rustenburg – The Democratic Alliance (DA) and Theunis Peens are calling upon all citizens with an interest in making a difference in our once-beautiful town to join their efforts on Saturday, 3 March.

“We have decided to clean up Rustenburg. Due to the rainy season, the grass has grown head high and the trees are overgrown, making a perfect place to conceal criminals and criminal activity. We have organised all the necessary equipment and machinery, bush cutters, chainsaws, trucks, a tractor and loaders. Now all we need is extra hands to help in this clean-up campaign. We will begin the clean-up at 08h00 at the c/o Ridder and Tuin Streets in the East End,” says Theunis Peens.

Anyone interested in joining the clean-up can contact Martha Lerm on 079-110 2087 or Theunis Peens on 084-645 6607.



Theunis Peens



LEARN ABOUT LISTERIA

Over the past few months the National Institute for Communicable Diseases has received reports of a marked increase in the number of cases of Listeriosis across the country.

Listeriosis is a serious bacterial infection caused by the *Listeria Monocytogenes*. The bacteria are spread when people eat food contaminated with the bacterium.

The symptoms of listeriosis include fever, muscle aches, nausea and diarrhoea. The most common foods to be contaminated by the bacteria are smoked fish products, soft cheeses, vegetables, processed foods, ready to eat meats and raw or unpasteurized milk.

Listeria can survive in fridge temperatures of 4 degrees Celsius. The infection incubates for between three and 70 days. There is no vaccine that can prevent the infection. The main

preventative measure is good basic hygiene and safe food preparation and storage.

Listeria bacterial infections result in mild to severe gastroenteritis. In people with weak immune systems, the bacteria can lead to meningitis or septicaemia. In pregnant women listeriosis can result in miscarriages or still births, premature delivery or meningitis in the new-born leading to permanent disability. In high risk patients, the spread of infection to the nervous system can cause meningitis leading to headaches, confusion, stiff neck and convulsions.

To prevent listeriosis thoroughly cook raw foods from animal sources, beef, pork, and poultry. Raw fruit should be washed thoroughly before eating. Surfaces where food is prepared should be decontaminated often, especially after preparing raw meat, poultry and eggs.

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