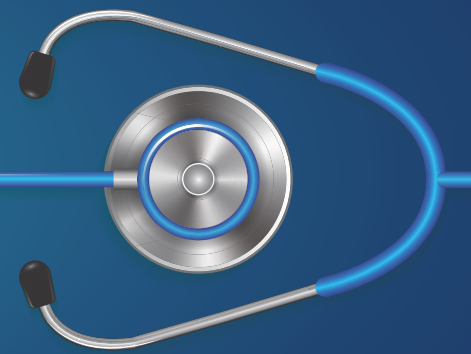


Platinum Health Page



Boost your immune system

Your immune system is your body's natural defense system. It protects you against bacteria and viruses, and when you're ill, it fights infection and helps you to get better. As cold temperatures set in, runny noses and sniffles are everywhere.

To view tips on how to boost your immune system,

[Click here](#)

CHOLERA

Several countries in Southern Africa are experiencing the most serious outbreak of cholera for many years. Cholera is a bacterial disease usually spread through contaminated water. Cholera causes severe diarrhea and dehydration. Left untreated, cholera can be fatal within hours, even in previously healthy people.

To find out more about its symptoms, causes, risk factors and preventative measures,

[Click here](#)



Simple ways to improve your health

We've all had those well-intentioned moments when we resolve to make sweeping lifestyle changes: Quit smoking. Lose weight. Join a gym and start exercising every day. While we should always strive to accomplish these types of health goals, the road to better health isn't always limited to taking huge leaps. There are many smaller life-saving steps you can take that will help improve your overall health and quality of life and because they're things you can easily incorporate into your daily routine, they'll be easy to maintain for the long haul.

To learn more about simple ways to improve your health,

[Click here](#)



MEASLES

It isn't just a little rash

According to the National Institute for Communicable Diseases (NICD) a measles outbreak has now been declared in all the provinces in South Africa except for the Eastern Cape. Measles is not a harmless childhood disease. It spreads incredibly easily. In fact, 9 out of 10 people who are not vaccinated, will get it if they are near an infected person.

To learn more about the signs and symptoms of measles, how it's treated and the fact that it can be prevented through immunisation,

[Click here](#)



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