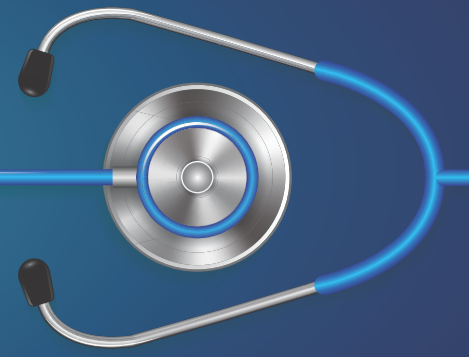


# Platinum Health Page



## How to prepare for your CHILD'S HOSPITAL STAY

We all want our children to be safe and healthy throughout their lives, but it is inevitable that they will suffer from an illness or injury at some point. If your child is in need of a hospital visit, it can be a scary time for both them and you.

To find out how you can make the experience much easier for them by preparing them for it in the right way,

[Click here](#)

## BURNS AWARENESS

Every year thousands of people suffer burn injuries and many die as a result of a burn. Burns take a second to occur and a lifetime to overcome. Most burns occur in and around the home.

To learn more about the types of burns and how to take preventative measures,

[Click here](#)



## The connection between stress and substance abuse

There is a strong link between stress and substance abuse. Everyone copes with stress in different ways, but some people may resort to using drugs or alcohol to manage their stress.

To learn more about the link between stress and substance abuse, and how to manage stress in healthy ways,

[Click here](#)

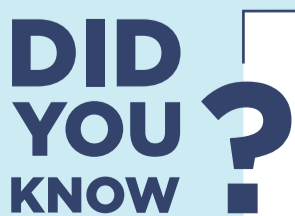


## YOUR PREGNANCY JOURNEY

Platinum Health shares in the excitement of all our pregnant beneficiaries. We're here to support and guide you on your journey of motherhood.

To learn more about the Maternity Programme and how to take care of yourself and your baby during pregnancy,

[Click here](#)



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PLATINUM HEALTH