



# Prevention is better than cure

*Immunisation is used to prevent childhood diseases. It is important for individuals, but also plays a big role in preventing the outbreak of disease in communities. Immunisation strengthens your child's immune system to help fight off germs that may cause diseases like polio, measles, hepatitis B, diphtheria and tuberculosis meningitis (TBM).*

### Who needs to be immunised?

Newborn babies and children up to the age of five years old have to be immunised. At birth, babies need to receive the tuberculosis and polio vaccines. The polio vaccine is repeated at the ages of six weeks, 18 months and five years.

When the baby is between the ages of two and four months old, it must be immunised against diphtheria, tetanus, pertussis (whooping cough) and *haemophilus influenza* Type B. A single vaccine (DTP) is used to immunise against these diseases. At the same age, the baby must be immunised against hepatitis B.

At the age of nine months, the child will be vaccinated against measles. This immunisation is repeated at age 18 months. At this age, the child again receives the DTP vaccination given at age 2-4 months. When the child is five, he or she will receive the DT-vaccine.

### Steps to follow

- Visit your local clinic or medical practitioner
- Fill out a form or card at the clinic if you are a first-time visitor. Previous visitors should bring along their card
- Notify the nursing sister of your child's age and immunisation history
- The nursing sister will weigh your child, and will measure his/her length and head circumference to determine if your child is growing at the expected rate
- Your child will be immunised according to his/her age
- You will be advised on how to handle the child's reaction to the vaccine (see "Side effects" below)
- You will then be given the date for the next immunisation.

### Side effects

Immunisations are safe and the side

effects following an immunisation procedure are minor compared to the effects of the actual disease. With the polio vaccine there are no side effects – it only tastes bitter. With other vaccines there may be a slight fever or swelling and redness a few days after the vaccination. Call or visit the clinic or doctor if the fever or swelling continues for more than three days. With the measles vaccine, there may be a rash one or two weeks after the vaccination.


### Legal framework

While there is no legal instrument, parents are expected to ensure that their children are immunised. A detailed record of immunisation may be requested when you apply for school registration or social grants.

### Cost

The service is free at state-owned clinics and hospitals. Private medical facilities may charge a minimum fee.

### Forms to complete

A card will be issued to you by the hospital after birth when you are discharged. The card has a "Road to Health Chart" that indicates when the child must have his or her next immunisation. 

# You are what you read ...

... or so say those who have been promoting reading throughout the centuries. But what does this mean? American writer and poet, Ralph Waldo Emerson, once said that "many times the reading of a book has made the future of a man". What

he truly meant was that one can literally be so inspired by a book, that it can change the course of your life or the way you live and plan your life.

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with the information that they need to equip themselves for their task.

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## Cattle breeds of South Africa – An index of breeds and overview of industry

by Albert Loubser, Nico Schutte and Izak Hofmeyr

Whether you are a student, an upcoming

farmer or an established commercial farmer, this book is for you. This one-stop reference guide to cattle in South Africa firstly gives some background to the history of cattle and gives an overview of the industry and breeding practices in the country.

The second part contains an easy-to-use guide to registered

cattle breeds in South Africa. There is also a short index to non-registered breeds. The indexes allow the reader to study the characteristics, development and positioning of the various cattle types. The content is complemented by photographs depicting the typical characteristics of the different breeds.

R290



## Vaccines and immunisation of farm animals

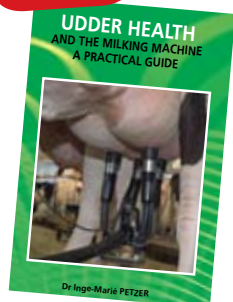
by Drr Jan du Preez and Faffa Malan

Following the success of its original

Afrikaans version, this popular book is now also available in English. A guide to immunisation practices and animal diseases, this is the ideal companion for every animal husbandry student or farmer. The book covers all

types of farm animals and the diseases found among them. Descriptions of disease signs, illustrative photographs and immunisation programmes, make this book a must-have for every agriculturalist.

R130



## Udder health and the milking machine – A practical guide

by Dr Inge-Marié Petzer

This book gives practical advice on

how to manage udder health in order to establish better profits on the dairy farm. It is a practical guide, aimed at assisting the milk producer and milk parlour manager.

Buy your copy of Vaccines and immunisation of farm animals, and receive a free copy of Udder health. **NF**



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by Hanlie du Plessis

**The Africa Cup of Nations, also referred to as the African Nations Cup (ANC), is the most important soccer competition on the African continent. It was first held in 1957 and since 1968, has been held every two years.**

In 1957 there were only three participating nations: Egypt, Sudan and Ethiopia. South Africa was disqualified due to the apartheid policies of the government then in power. Then the first democratic elections of 1994 took place in South Africa and apartheid was something of the past.

Politically, the post-apartheid era was one of hope and ambition and on the sports field, the feel-good factor translated into the resurrection of the country's cricket and rugby teams. The Springboks won the Rugby World Cup at Ellis Park, Johannesburg, in 1995.

Less than a year later, the eyes of the soccer world turned to South Africa, as the country stepped in

to host the African Cup of Nations, following Kenya's withdrawal.

Backed by fanatical home support, the former underdogs, Bafana Bafana, made a remarkable run to the final, defeating the likes of Cameroon and Ghana. Johannesburg was once again the venue for another landmark day in the nation's history. Mark Williams scored two goals in the space of three second-half minutes, to beat Tunisia. This sent the 80 000 fans cheering once again.

Let us take a look at South Africa's Cup of Nations record since the glory of 1996. There is, unfortunately, evidence of a steady decline. With the appointment of Carlos Alberto Parreira, the man who led Brazil to the 1994 World Cup, hopes are high that Bafana can return to their former glory.

It is understood that Parreira has been told that nothing less than a quarter final appearance in Ghana will be acceptable. This is no easy task, considering that Bafana faces group matches against 2004

champions, Tunisia, 2006 semi-finalists Senegal and 2006 World Cup qualifiers Angola.

However, with just over two years until South Africa plays host to the World Cup, a strong showing in Ghana would do much to boost hopes that the side, currently ranked 53rd in the world, is capable of making a challenge on the biggest stage.

President Thabo Mbeki recently called on Bafana Bafana to change their nickname. Of one thing you can be sure, should Parreira's team flop in Ghana, the nickname won't be the only thing that South African fans would want to change!

#### Interesting facts about the Africa Cup of Nations

- The nation with the most cup wins (five) is Egypt
- Ghana and Cameroon have won four titles each
- Three different trophies have been awarded during the tournament's history. **NF**



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## Membership registration form

### Farm/business information

Name of farmer ..... Title: Mr/Mrs/Dr/Other .....

ID-number .....

Name of the farm/business .....

Province .....

District municipality .....

Local municipality .....

Postal address .....

Physical address .....

Telephone number ..... Fax number .....

Cell number .....

Farm ownership: Rent/Lease/PTO/Other ..... Size of the farm .....

### Livestock (numbers)

Beef ..... Goats ..... Sheep ..... Dairy .....

Piggery ..... Poultry ..... Other (specify) .....

### Field Crops (ha)

Maize ..... Wheat ..... Sorghum ..... Sunflower ..... Sugar .....

Miller ..... Tobacco ..... Nuts ..... Animal feed .....

Other (specify) .....

### Horticulture (ha)

#### Vegetables

1 ..... ha .....

2 ..... ha .....

3 ..... ha .....

4 ..... ha .....

5 ..... ha .....

#### Fruits

1 ..... ha .....

2 ..... ha .....

3 ..... ha .....

4 ..... ha .....

5 ..... ha .....

Nursery ..... Ornamental .....

Other (specify) .....

### Cooperation

Name of your cooperative or association .....

What do you use the cooperative/association for? .....

### Agro-processing

What processing are you doing? ..... Location .....

Date ..... Signature .....

For administrative use only: Receipt number .....