

## MONTHLY NEWS LETTER

### Special Points of Interest:

- Health Alert 2 : CHOLERA
- Know Your Right and the Police
- 

### August 2014 Sales Update

- Head Office sales ..... by..... % against August2014.
- Spintex Road Branch sales ..... by.....% against August 2014.
- Weija Branch sales ..... by .....% against August 2014.
- Takoradi Branch sales ..... by .....% against August 2014.
- Kumasi Branch sales ..... by .....% against August 2014.

## HEALTH ALERT 2 CHOLERA

Cholera is an infectious disease that causes severe watery diarrhea, which can lead to dehydration and even death if untreated. It is caused by eating food or drinking water contaminated with a bacterium called *Vibrio cholerae*.

The disease is most common in places with poor sanitation, and crowding,

### Cholera Causes

The bacterium that causes cholera, is usually found in food or water contaminated by human feces.

Common sources include:  
Municipal water supplies  
Ice made from such  
Foods and drinks sold by street vendors  
Vegetables grown with contaminated water

When a person consumes the contaminated food or water, the bacteria release a toxin in the intestines that produces severe diarrhea.

It is not likely you will catch cholera just from casual contact with an infected person.

### Cholera Symptoms

Symptoms of cholera can begin as soon as a few hours or as long as five days after infection. Often symptoms are mild. But sometimes they are very serious.

Signs and symptoms of dehydration include:  
Rapid heart rate or heart-beat.

Loss of skin elasticity and dryness  
Dryness inside of the

mouth, throat, nose, and eyelids

Low blood pressure

Thirst

Muscle cramps

If not treated, dehydration can lead to shock and death in a matter of hours.

### Cholera Treatment and Prevention

You can protect yourself and your family by using only treated water that has been boiled, chemically disinfected, or bottled water. Use such for the following purposes:

- Drinking
- Preparing food or drinks
- Making ice
- Brushing your teeth
- Washing your face and hands
- Washing dishes and uten-



### Inside this issue:

Sales Update for August, 2 014	1
Health Alert 2: CHOLERA	1
Know Your Right and the Police	1
Product Knowledge:	2
	2
It's all Laugh and Fun	2

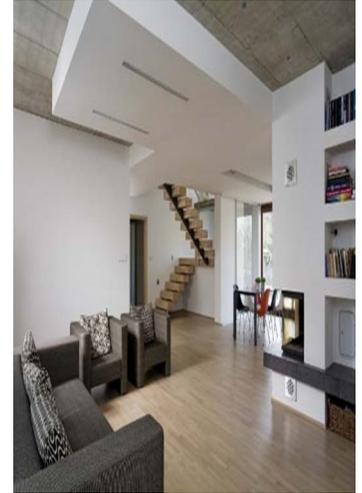
## KNOW YOUR RIGHT AND THE POLICE

### If the Police arrest me, can they keep me for as long as they like?

Absolutely not. The longest time anyone can be kept in custody in a police station is for 48 hours. That is the maximum. The police must produce anyone in their custody before the magistrate with all necessary papers that justify the arrest before the 48 hours are up and not later than that. If it is a weekend or days on which the courts do not sit, the person must be brought before the very next day the court sits.

## MONTHLY NEWS LETTER

### PRODUCT KNOWLEDGE



*QUOTES FOR  
THE MONTH*

### IT'S ALL LAUGH AND FUN!!!



3 drunk guys entered a taxi. The taxi driver knew that they were drunk so he started the engine & turned it off again. Then said, "We have reached your destination". The 1st guy gave him money & the 2nd guy said "Thank you". The 3rd guy slapped the driver. The driver was shocked thinking the 3rd drunk knew what he did. But then he asked "What was that for?". The 3rd guy replied, "Control your speed next time, you nearly killed us!"