



Harvesting News cont... Health Tok-Tok

The positive news about this volume is that the company has opened an Interest Bearing Trust Account into which it has deposited 50% of the Domestic Processing Benefit Levy and this account now has funds of K119,307.25 for use by the Cloudy Bay Project Development Committee after it is formed. It is unfortunate however that the full volume had not been harvested as this account would have K350,000 deposited if we had been allowed

to harvest the minimum volume.

When the new Saw Mill at Bam is commissioned it is hoped that this low harvesting volume is no longer a problem as the Project will generate Royalties and Levies of K2m per year if we operate at 60,000m³ per year as agreed in the Project Agreement. This is a substantial increase in payments to the customary land owners in the Cloudy Bay FMA.

Health Tok Tok is aimed at keeping everyone informed on diseases affecting the local communities & our workforce

Our focus for this issue is on foot infections, which is a very common problem amongst the workforce and the local community. Infection of the foot or athlete's foot (Tinea Pedis) is commonly known as ring worm of the foot.

Tinea Pedis is a fungal infection of the skin between the toes & also of the skin on the soles of the feet.

The symptoms:

- Itchiness
- Burning & stinging sensation
- The skin between the toes reddens, cracks opens & crumbles.
- In extreme cases, the nails become infected, discoloured –red & overgrown.
- The fungus spreads to the underside of the foot, beneath the arch, producing groups of itching blisters and peeling of the skin.

The causes:

- Hot tight shoes that produce sweaty feet in warm or hot weather
- The moisture & friction, causing softening & peeling of the skin on the soles.
- Dyes, adhesive cements & other substances inside the shoes that cause irritation

The treatment:

Most people can treat their athlete's foot condition as home, using one of several good remedies:

- Antifungal powder or liquids obtainable from the chemist without prescription. Antifungal ointment such as – tolnaftate, miconazole, clotrimazole.
- Ointment should be applied twice a day (morning & night) for 1 week.
- Feet should be soaked in aluminum sulphate or calcium sulphate before ointment is applied.
- If no aluminum sulphate or calcium sulphate is available, use warm water & apply gentian violet paint as a substitute. Take Griseofulvin tablets in severe cases.

Athlete's foot can recur despite any treatment especially during the hot summer months. The organism that causes athlete's foot thrives in hot, moist environments, however there are several things you can do to prevent the disease.

Prevention

- Keep your feet clean & dry after bathing
- Change socks frequently
- Use dusting & drying powders to keep feet dry
- Separate your toes with small wads of cotton when you are sleeping
- Wear proper shoes during wet season
- Wear sandals, open toed shoes or no shoes at all during hot weather



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