



with **Russell Ferguson**
NORTH EAST FASTENERS

◆ **BIGGEST FAN:** North East Fasteners carries a large range of Kincrome industrial fans.

Be blown away by Kincrome fans

G'DAY, it's Russell here today and I want to talk to you about my biggest fans - I recently took my friend to see the world's biggest fan; he was blown away.

Alright, that's enough of the silly stuff, the fans I want to tell you about today are from our friends at Kincrome.

We carry the fantastic range of Kincrome industrial fans right here at North East Fasteners.

These fans are built tough and you can use them in so many places, including the office, your man cave or shed, workshop or out on a job site.

They include features such as an energy efficient induction motor, multi speed switch, high velocity air flow, heavy duty construction and

come with standard oscillation and tilt functions.

Now, don't worry if you're not that handy, Kincrome fans requires minimal assembly and the entire range complies to all safety standard requirements so you won't need any sort of 'manual for dummies'.

Well, that's all from me today, if you want to know more, come in or give us a call and don't forget to be the sharpest tool in the shed and get the right tool (or fan) for your job.

For the full range of Kincrome industrial fans available, scan the QR code below or visit www.kincrome.com.au.



YOUR HEALTH

with **Teresa McMahon** CLINICAL PHARMACIST AND PRACTICE MANAGER AT SOUTH WANGARATTA MEDICAL CENTRE

◆ **ACTION PLANS:** It is important to see your GP about your child's asthma action plan before the school year starts.

Is your child's asthma action plan up to date?

WELCOME to 2024.

Thankfully we can collectively tick off Christmas and New Year, but as any parent or carer knows January can still be a hectic month of play dates and school planning.

In between the running around organising uniforms, books, shoes and all of the rest it can be easy to forget to organise some of the other crucial items to try and keep our kids happy and healthy as possible.

This month I wanted to highlight the importance of having an updated asthma action plan.

I have written this with a focus on children, however it is recommended that anyone with asthma has an up to date plan.

According to the National Asthma Council of Australia, the start of the school year can be a risky time for children with asthma.

Unfortunately there is a spike in asthma attacks and hospitalization seen during the first few weeks of school every year in Australia.

This is thought to be due to factors such as stress, a change of environment or allergens

and less strict asthma management over the holidays which can all trigger a flare up.

Now is the perfect time to check in with your GP to update asthma action plans.

It is recommended by Asthma Australia to have your asthma plan reviewed as symptoms change, or every six months for children and annually for adults.

It is also important to make sure that all asthma medications that are being sent to school are in date.

You can also check your puffer/spacer technique with your GP or pharmacist.

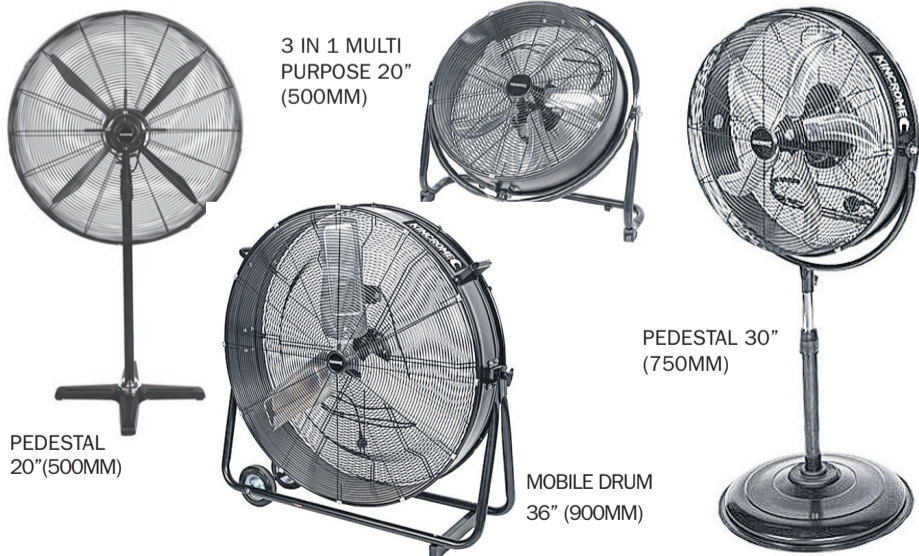
Communication with the school is also essential- they will want to have a copy of the asthma action plan and triggers.

It is also a great time to remind children of what the start of an asthma flare-up feels like and how they can communicate that to their teachers to make sure they are comfortable asking for help if needed.

Taking these steps before the start of the school year can really help to kick start the year as happy and healthy as possible.

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