

WHAT YOU AND YOUR FAMILY CAN DO TO HELP GET RID OF THREADWORMS

Worms are harmless

Threadworms are minute parasites which live inside the bowel for a short time. They are harmless. At worst, they can cause mild irritation and parents may feel unnecessarily embarrassed. They are generally associated with young children, but anyone can catch them.

Where do threadworms come from and why can they come back?

Threadworms are passed from person to person by the eggs that they lay. When the female threadworm deposits her eggs around the back passage itching may occur. Children scratching, because of the itching, can get tiny eggs under their finger nails. Eggs are passed from fingertips to the mouth and swallowed, and the worms can come back.

Eggs can easily get on to food, carpets, bed linen, towels and into house dust. And can be passed on to other members of the family

Worms – myth and facts

Threadworms do not come from pets, they are human parasites only. Even the cleanest household can catch threadworms, because their microscopic eggs are easily carried on clothes and bed linen, on skin, under fingernails and on food.

Anyone of any age, however scrupulous their personal hygiene, can get worms, because worms are very contagious

Follow the following hygiene code

TO HELP RID THE FAMILY OF THREADWORMS **A home hygiene guide**

Rules for the family

1. Obtain medication from your local pharmacy without prescription
2. Fingers and nails must be washed and scrubbed with a nail brush after each visit to the toilet, and before each meal
3. Disinfect toilet seat, toilet handle and chain, and door handle regularly.
4. Vacuum clean bedrooms daily, damp-dust all surfaces and try not to raise dust.

Rules for the affected child

1. Keep nails cut short
2. Wear pyjamas or pants in bed
3. Bath the child each morning, remembering to wash the child's bottom thoroughly
4. Have a towel for sole use
5. Change and wash clothes and bedclothes regularly