

# PINWORMS

## PERSONAL HEALTH FACT SHEET

### ***What are Pinworms?***

*Pinworm disease is a condition caused by parasites that invade and live in the intestine. The disease is very common and can affect anyone. It is found most often in children because they are less careful about personal hygiene.*

### **How are they spread?**

Eggs from the parasite can be found on any object used by an infected person. Symptoms occur 2-6 weeks after exposure.

### **How are they treated?**

- See your doctor. Medication may be prescribed for the infected person as well as the entire family.
- Use the medication that your doctor prescribes for the number of days that he/she tells you. Wash your hands with soap and water before/after treatment.
- Do not stop using the medication, even if symptoms go away. The parasite may not be completely gone.
- Launder nightclothes & bed linens in hot soapy water daily. Don't shake out bed linens.
- Wear snug fitting undergarments at all times and change daily.
- Take a shower or stand-up bath every morning.
- Scrub bathroom floors and toilet seats, and air bedrooms daily. Vacuum floors, rugs and upholstered furniture daily for several days after starting medication.

### **How can we prevent Pinworms?**

- Keep nails short; wash hands and nails often, especially before eating and after going to the toilet.
- Keep fingers out of mouth.
- Avoid scratching the rectal area.

### **SYMPTOMS OF PINWORMS**

- Rectal itch.
- Difficulty sleeping at night.
- White threadlike, adult worms near the anus may be seen at night.



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