

Tips for Prevention of Spread during Treatment

- Wash your hands often, especially before eating or preparing food, and after using the toilet.
- Keep fingernails short and well scrubbed. Keep fingers away from mouth and nose. Don't bite your fingernails!
- Do not scratch around the rectum.
- Daily morning bathing. (Shower or stand up bath preferred.)
- Wear snug fitting underpants day and night. Change them twice a day.
- Change bed sheets and night clothes daily. Avoid shaking clothes and bedding as it may disperse eggs into the air.
- Wash clothes, bed linen, and towels on a hot cycle every day during treatment.
- Scrub bathroom floors and toilet seats daily.
- Vacuum rugs daily.
- Sleep alone, if possible during treatment.



**SAGINAW COUNTY
DEPARTMENT OF PUBLIC HEALTH**
protecting and promoting the public's health since 1928

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PINWORMS

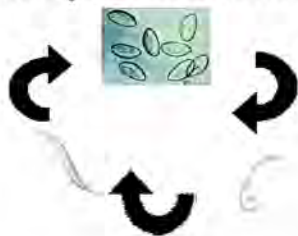


Information Brochure

Pinworms

A common intestinal infection caused by a roundworm called a nematode. The adult worms look like tiny pieces of white thread about 1/4 of an inch long. They get into the bowel of people who have swallowed the pinworm eggs. Five to fifteen percent of the population are infected.

Life Cycle - 1-2 months



1. Eggs are ingested through the mouth of people who come in contact with them.
2. Eggs hatch in the person's small intestine. The newly hatched worm (larva) continues to grow as it travels down to the large intestine.
3. The mature pinworm travels through the large intestine until ready to lay eggs on the skin just outside the rectum.



PINWORMS

Mode of Spread

You **ONLY** get pinworms by swallowing the eggs.

- Infected eggs are carried from the rectum to the mouth by the hands.

- When handling clothes, bedding, food, toys, and other items contaminated with eggs. **Eggs can survive indoors for 2-3 weeks.**

- Dust borne infection is possible in heavily contaminated areas.

- Eggs are infective for 2-3 weeks.

- Pinworms are **CONTAGIOUS** as long as worms are laying eggs on the skin around the rectum.

- Incubation period - from the time the egg is ingested until the adult worm crawls out of the rectum and lays eggs. (About 1-2 months)



Symptoms

1. Itching - most people will have itching caused by worms crawling on the skin around the rectum.

2. Itching is usually worse at night when most of the worms come out.

3. Young children may be restless and irritable, eat and sleep poorly.

4. Sometimes worms can be seen around the rectum, on pajamas, or on the stool.

Treatment

Take prescribed medicine exactly as directed. Treatment may need to be repeated in 2-3 weeks. Families may need to be treated as a group.

Reinfection occurs easily.

Exclusion from School - NONE