LEARN ABOUT WORMS

Worms spread easily
When a child with worms goes to the toilet in the bush, thousands of worm eggs come out with the pooh. These eggs are too small to see and they get into our soil and water.

The worm eggs get onto our hands, under our finger nails and onto the food we eat.
Flies carry worm eggs and other germs onto our food.
When we swallow the eggs, they start to grow into worms inside us. These make us sick.

Worms make us sick
Worms live inside our bodies and eat our food and our blood.
Children with worms don’t have enough energy to grow and to learn.

Let’s stop worms spreading
1. Clean toilets
Encourage your family to use proper toilets where they have been provided.
If you must go to the toilet in the bush, dig a hole first and then cover the pooh with sand to keep flies away.

2. Clean hands
Encourage your family to wash their hands ...
before
• eating or
• preparing food
after
• going to the toilet
• playing or working outside
• playing with animals

3. Clean food
• Cover food to keep flies away
• Wash or cook fruit and vegetables before eating

4. Clean home
Pick up rubbish and litter to stop flies spreading worms and other germs

Protect your child from worms
All children should be treated for worms at school or pre-school.
Deworming medicine kills the worms and eggs, but there are also things you can do at home to protect your child from worms...