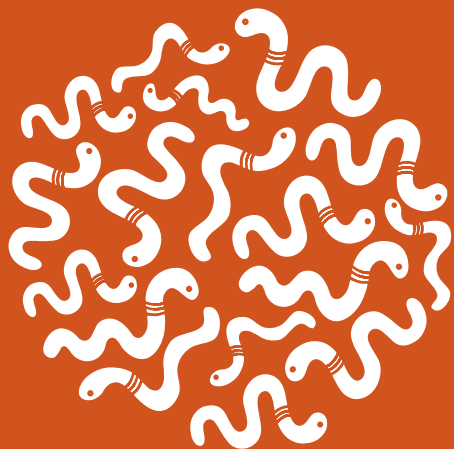


Worm Infestation



Prevention and treatment
of gastro intestinal worms

Worm Infestation

Worm infestation happens when worms live in the human stomach and intestines. Examples of the different worms are roundworms, whipworms, hookworms, tapeworms and flukes.

Pinworms, which are a type of roundworm, are the most common worm infestation. Worm infestation normally happens when worm eggs are transferred from the anus to the mouth.

Symptoms

Patients who have less serious infestations might not have any symptoms. The most common symptom is itch at the anal area, which usually happens at night. However, more serious infestations can cause stomach pain, loss of appetite, nausea or diarrhoea.

Treating worm infestations

Pinworm infestations which are less serious can be treated with deworming medicines sold at a pharmacy.

Medicines	How to take if treating pinworms?
Albendazole [^]	» Take one dose of medicine. You can take it 1 hour before food or 2 hours after food. You may take another dose of the medicine after 2 weeks
Mebendazole [^]	» Take one dose of medicine with or without food. You may take another dose of the medicine after 2-4 weeks

[^] Pharmacy-only medicines that can only be bought after consultation with a pharmacist.

Prevention and Self-care

- » Wash clothes and bedding with hot water for the whole family.
- » Have daily morning shower to remove any eggs that were laid at the anal area.
- » Cut and scrub the nails of infected persons with a brush and soap.
- » Practice good toilet hygiene such as washing your hands after visiting the toilet to reduce the transfer of worms from the anus to the mouth.

Scan the QR code to find out more on

- The dose of deworming medicines for treating different worm infestations
- Side effects of deworming medicines
- Self-care and prevention of worm infestation

