

Your child may have been exposed to:

## Pinworms

Pinworms are small worms that live in the human intestine (gut) and crawl out at night to lay eggs in the anal area.

### If you think your child has Pinworms:

- Tell your childcare provider or call the school.
- **Need to stay home?**

### Childcare and School:

**No.**

### Symptoms

Your child may have itching of the anal area, especially at night. Your child may be fussy and wake often at night.

If your child is infected, it may take 2 to 8 weeks for symptoms to start.

### Spread

- By touching the anal area of an infected person. This can happen while changing a diaper.
- By handling contaminated pajamas, underwear, or bedding.
- By having contact with contaminated food, objects, or surfaces.

### Contagious Period

As long as eggs are present. Eggs can cause infection even after being off of the body for 2 to 3 weeks.

### Call your Healthcare Provider

- ◆ If you suspect pinworms. The whole family may need to be examined. Your doctor may prescribe a medication.

### Prevention

- Wash hands after using the toilet or changing diapers and before preparing food or eating. Your child may need help with handwashing.
- Avoid scratching or touching bare anal area or biting nails. Keep nails short.
- Clean and disinfect any objects that come in contact with stool. This includes toilets (potty chairs), sinks, toys, and diaper changing areas. Use a product that kills germs.
- Wash every morning (a shower is best) using a fresh washcloth and towel. Wear clean underwear each day. Handle sheets, blankets, and underwear of infected children carefully. Avoid shaking the items and wash dirty laundry promptly.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.