



Health Corner

Pinworms

Pinworms ("enterobiasis", spal ši) is a contagious intestinal infection caused by tiny parasitic worms that are very common in young school-aged children. Pinworms don't cause any harm -- just itching -- and it won't take long to get rid of them.

How are Pinworm Infections Spread? Children typically become infected by unknowingly ingesting microscopic pinworm eggs that can be found on contaminated hands and surfaces, such as:

- bed linens, towels, clothing
- on toilets, bathroom fixtures
- food, drinking glasses, eating utensils
- toys
- desks or lunch tables at school
- sandboxes or sandy playgrounds.

Signs and Symptoms: The most common symptoms are itching around the rectum and restless sleep. The itching is usually worse at night. If your child has a pinworm infection, you can see worms in the anal region, especially if you look 2 hours after your child has fallen asleep. You might also see the worms in the toilet after he/she goes to the bathroom. They look like tiny pieces of white thread and are really small.

Treatment: If your child has a pinworm infection, the doctor will prescribe an anti-worm medication. The doctor may also give your child a cream or other medication to help stop the itching.

If your child is exposed to someone who has pinworms, just watch for the above symptoms.

Prevention: Here are a few ways to prevent pinworm infections in your family and at school:

- Frequent handwashing!! Remind kids to wash their hands often, especially after using the toilet, after playing outside, and before eating.
- Make sure your child showers or bathes every day and changes underwear daily.
- Keep fingernails short and clean.
- Tell children not to scratch around their bottom or to bite their nails.
- Wash your child's pajamas every few days.

Remember that pinworms are quite common among kids and aren't harmful. By taking a short course of medication and following some prevention tips, you'll be rid of the worms in no time.

ISL Policy

- If your child has any of the above symptoms, please keep them at home & consult with your local doctor.
- If your child is diagnosed with pinworms, please notify the School immediately. Once on an anti-worm medication for 24 hours, may your child return back to school with a doctor's note.