



Communicable Diseases

Pinworms

What are pinworms?

- Pinworms are tiny white worms about a quarter of an inch long.
- They look like pieces of white thread.
- Pinworms live inside the bowels of people.

What signs and symptoms can you have?

- Pinworms can cause itching, restlessness and scratching around the anus.
- These symptoms may be worse at night.
- Sometimes worms can be seen around the anus or in the stool.

How does a person get Pinworms?

- Pinworms lay eggs on the skin around the anus. The eggs can fall onto clothing, bedding and the floor.
- The eggs may live there for many days.
- If you handle articles that have the eggs attached, they can become attached to your hands.
- A person becomes infected when they transfer the pin worms eggs to their mouth.

How do you treat Pinworms?

- See your doctor.
- If medication is prescribed, follow the instructions carefully.
- Wash clothing, bedsheets and night clothes at time of treatment. Vacuum the sleeping area.

How can you prevent Pinworms?

- Good personal hygiene is the best protection against the spread of disease. This includes:
 - ▶ washing hands frequently
 - ▶ keeping hands away from nose and mouth
 - ▶ not sharing personal items
- Wash hands thoroughly
 - ▶ after using the toilet
 - ▶ before preparing or handling food
 - ▶ before eating
- Change and wash underclothes, night clothes and bedsheets frequently.

For more information contact your doctor or:
Public Health Services:
Moose Jaw Office - 691-1500
Assiniboia Office - (306) 642-2200
Gravelbourg Office - (306) 648-1400

Quick Facts

- Tiny worms look like pieces of thread.
- Causes itchiness around the anus.
- See your Doctor.
- Wash hands frequently.



FIVE HILLS HEALTH REGION
Public Health Services

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