



Central Michigan District Health Department
“Promoting Healthy Families, Healthy Communities”

For more information, call your local CMDHD branch office:

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www.cmdhd.org

Pinworms

What is Pinworm disease?

This disease is an intestinal infection caused by tiny parasitic worms.

Who gets Pinworms?

This disease is very common and can affect anyone. However, it is found most often in children because they are less careful about personal hygiene than adults.

How does the disease spread?

The worm eggs are swallowed or inhaled. Eggs can be found on any object used by an infected person. Pinworm disease is spread by people touching contaminated objects or breathing airborne eggs. Pinworms of other animals are not transmitted to humans.

What are the symptoms?

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| * sometimes none | * nervousness and irritability during the day |
| * severe anal itch | * difficulty sleeping at night |

If you suspect Pinworm disease, you can check the rectal area and you may see the tiny white thread-like adult worms.

What is the treatment?

If your doctor verifies Pinworm disease, he will prescribe medication for the patient and perhaps for the whole family. Also, you should follow these control measures:

- Take medication as directed.
- Keep nails short: scrub hands and nails often, especially before eating and after going to the toilet.
- Keep fingers out of mouth.
- Avoid scratching anal area.
- Take shower or stand up bath every morning.
- Wear snug fitting undergarments at all times; change these undergarments every morning.
- Each morning, wash night cloths and bed linens in hot water. **DO NOT SHAKE OUT BED LINENS.**
- Air bedrooms daily.
- Scrub bathroom floors and toilet seats every day. Floors, rugs and upholstered furniture should be vacuumed for several days after starting the medication.