

Oplan : Goodbye *Bulate* !

National DEWORMING Month



1. What is deworming ?

Deworming is a process of administering medications (anthelmintics) to eliminate intestinal worms from the human body.

2. What are intestinal worms ?

- Intestinal worms, also known as Soil-Transmitted Helminths (STH) are parasites that live inside the human intestines causing various health problems.
- Worms lay eggs which are passed in the feces & become infective as they mature in soil.
- Most common are roundworms (*Ascaris*) , whipworms, and hookworms.



3. How do you get infected with worms?

Worm eggs & immature worms are found in soil contaminated with human feces.

They enter the body through:

- Ingestion with dirty hands
- Contaminated food & water
- Skin penetration when walking barefoot (hookworm)
- Inhalation of worm eggs



4. What are the common signs & symptoms of worm infection?

- abdominal pain
- weight loss
- abdominal distention
- pallor
- nausea
- vomiting
- rectal prolapse
- blood in the stool
- physical and cognitive growth retardation



5. How do you treat worm infection?



- Deworming !!
- Consult your doctor or local health facility

6. What are the strategies to control worm infection?

WASH + D

- Water: improve access to clean water
- Sanitation: improve sanitation facilities & achieve Zero Open Defecation (ZOD)
- Hygiene: reduce transmission & reinfection thru hygienic practices
- Deworming: periodic deworming in the community

