

REGULAR HEALTH ADVICE

THREADWORMS - Advice

Threadworms are a very common problem particularly in children.

Signs are as follows

- Scratching of the bottom particularly at night
- Disturbed sleep
- Irritability- so scratching may not be noticed
- Spotting the tiny white "thread-like" worms in the motions.

GENERAL ADVICE

- Keep nails short
- Avoid nail biting or finger sucking
- Wear pyjamas or underpants in bed.
- Bath daily, washing thoroughly around the bottom
- Provide a towel for the exclusive use of each child.
- Change clothes and bed linen regularly.
- Visit your doctor for further advice and treatment.

HOW CAN I STOP THE PROBLEM COMING BACK?

Threadworm is easily treated but unless the following precautions are taken the problem may recur.

- Follow general advice given
- Make sure everyone in the family is treated at the same time.
- Scrub fingers and nails with a nailbrush after each visit to the toilet and before each meal.
- Disinfect the toilet seat, toilet handle or chain, and door handle regularly.
- Vacuum and dust bedrooms thoroughly.

MANAGING HEAD LICE INFECTION IN CHILDREN - Advice

- Please take responsibility to check your children's hair on a **weekly basis** using wet combing/bug busting method, which is the most effective way to carry out an inspection for head lice.
- The School Nurse, can provide you with information about detecting and treating a head lice infection.
- **REMEMBER TO BUG BUST EVERY WEEK**

Bugbuster Helpline 01908 561928

www.chc.org/bugbusting