



**D.A.V. PUBLIC SCHOOL, SECTOR 49,**  
**UPPAL'S SOUTHEND, GURGAON**  
**HEALTH BULLETIN- February- 2018**  
**FROM**  
**THE DOCTOR'S DESK**

Dear students

As Government of India is celebrating National Deworming Day on 10th February 2018, this bulletin will help in sensitizing you and your parents about the **importance of Deworming among children.**

The term "worms" is a common name for Helminths, or parasitic infestation. The prevalence of Soil Transmitted Helminths (STH) is about 46% in Haryana, so it becomes all the more important to do Deworming especially in children aged (1-19 years).

**Worm transmission cycle-**

Worms commonly enter the body through soil or food containing worms or its eggs. Once inside the body they thrive on the nutrition from human intestines causing various symptoms.

**Symptoms of worm infestation in children-**

- lack of concentration
- irritability and fatigue
- nausea and vomiting
- pain abdomen
- loss of appetite
- allergic rash on body
- anal itching
- children with mild infestation may not show any symptoms



**Benefits of Deworming-**

Direct Benefits -

- controls anemia
- improves nutritional uptake

Indirect Benefits -

Helps improve concentration  
Improves work potential

**Prevention of worms-**

- Wash hands with soap before eating food and after using toilets.
- Wash hands after handling pets.
- Keep finger nails short.
- Wash fruits and vegetables properly before consuming.
- Never consume contaminated or open cut foods.
- Avoid walking bare foot
- Drink clean ,filtered or boiled water
- Keep the surrounding environment clean.

Keep your nails  
clean and short



Keep your  
surroundings clean



### **Treatment of worm infestation (Deworming)**

Treatment of worms is quite simple. Deworming medication is easily available over the counter. The drug (Albendazole) 400mg to be given to children above 2 years of age once in 6 months. For children aged 1-2 years tab Albendazole 100mg should be given. If the symptoms continue after deworming it is advised to visit Doctor.

## **WORM FREE CHILDREN ARE HEALTHY CHILDREN**

