



D.A.V. PUBLIC SCHOOL, SECTOR 49, GURUGRAM
HEALTH BULLETIN- February
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 even 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 fingernails 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

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

