



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## Pinworm Disease

### What is Pinworm disease?

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

### What are the symptoms?

- \* sometimes none
- \* anal itch
- \* difficulty sleeping at night
- \* occasional stomach pain and nausea

### 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 and then touching their mouth or breathing airborne eggs. Pinworms can survive for two to three weeks on surfaces.

### 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.
- Change undergarments every morning.
- Each morning, wash night cloths and bed linens in hot water. DO NOT SHAKE OUT BED LINENS.
- Scrub bathroom floors and toilet seats every day. Floors, rugs, and upholstered furniture should be vacuumed for several days after starting the medication.