# GET THE FACTS ON PINWORM INFECTION

### WHAT is a pinworm infection?

Pinworm is the most common parasitic worm infection in the United States. It is usually found in young children, but can spread easily to the entire family.



It is caused by tiny, white, thread-like worms that live in a child's intestine. While a child is sleeping, pinworms crawl out of the child's bottom to lay thousands of their tiny eggs on the skin around the anal area.



These tiny, sticky pinworm eggs can cause intense itching and scratching of the anal area.



Once a person who has a pinworm infection scratches his or her bottom, the pinworm eggs stick to fingers and under fingernails. Whatever the person touches can become contaminated with these eggs.



The eggs survive on indoor surfaces for up to 3 weeks. If a person has pinworm eggs on his or her hand and then touches his or her mouth, the eggs are swallowed unknowingly, and the larvae hatch in the intestine.

To learn more, download other fact sheets at www.PinwormFacts.com.

### UP TO 40 MILLION PEOPLE IN THE UNITED STATES MAY GET PINWORM

#### ▶ WHO CAN GET IT?

Anyone can get pinworm, and it may infect up to 40 million people in the United States. Pinworm spreads easily from person to person and is 3 times more common than head lice. Pinworm mostly infects preschool- and school-age children (3-14 years of age). However, anyone who lives with an infected person, adults included, can also get a pinworm infection.

#### HOW IS IT SPREAD?

- 1. An infected person scratches his or her bottom.
- 2. The pinworm eggs stick to fingers and under fingernails.
- 3. The infected person touches an object and leaves pinworm eggs there.
- 4. Another person touches that object.
- **5.** If that person touches his or her mouth, he or she may swallow pinworm eggs unknowingly and become infected too.

Pinworm infections are spread when the sticky eggs are left on household objects such as

Clothing	<ul> <li>Kitchen counters</li> </ul>
Bedding	<ul> <li>School desks</li> </ul>

- Bathtubs Toys
- Toilet seats

- ....
- Other shared items and surfaces

#### ▶ WHAT ARE THE SIGNS?

People with pinworm infection may not show any signs at all. When signs do occur, an itchy bottom is the most common. Other common symptoms may include disturbed sleep, restlessness, and irritability.

### **PINWORM EGGS** ARE SO TINY, 1000 CAN FIT ON A PINHEAD

#### ▶ HOW CAN I STOP PINWORM INFECTION?

You should talk to your doctor about pinworm treatment options that can cure pinworm infection. Follow the dosing directions given by your doctor. Your doctor may want to treat the whole family to reduce the likelihood of the infection coming back.

#### To avoid a pinworm reinfection

- · Wash hands thoroughly and frequently with soap and water
- Cut fingernails short and avoid nail biting
- Discourage children from scratching their bottoms
- · Change and wash underwear, pajamas, towels, and bed sheets daily
- · Clean the bedroom floor by vacuuming or damp mopping
- Disinfect doorknobs, toilet seats, furniture, and countertops
- DO NOT shake out towels or bed sheets. The tiny eggs can become airborne and then swallowed, which can spread the infection

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## Ask your doctor about treatment options for pinworm.

This publication is not a substitute for a doctor's diagnosis of pinworm or for a doctor's treatment for pinworm infection. Only a doctor or other qualified health care professional can provide medical advice, diagnosis, or treatment.