

# PINWORMS PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: PINWORMS

Pinworms are small worms that live in the human intestine (gut) and crawl out at night to lay eggs in the anal area.

### Need to stay home?

No.

### Symptoms

Your child may have itching of the anal area, especially at night. Your child may be fussy and wake often at night.

### Spread

- By touching the anal area of an infected person. This can happen while changing a diaper.
- By handling contaminated items, such as pajamas, underwear, or bedding.
- By having contact with contaminated food, objects, or surfaces and the touching your mouth or food prior to washing your hands.

### Contagious Period

As long as eggs are present. Eggs can cause infection even after being off of the body for 2 to 3 weeks.

### Call your Healthcare Provider

- If you suspect pinworms. The whole family may need to be examined. Your doctor may prescribe a medication

### Prevention

- Wash hands after using the toilet or changing diapers and before preparing food or eating. Your child may need help with handwashing.
- Avoid scratching or touching bare anal area or biting nails. Keep nails short.
- Clean and disinfect any objects that come in contact with stool. This includes toilets (potty chairs), sinks, toys, and diaper changing areas. Use a product that kills germs.
- Wash every morning (a shower is best) using a fresh washcloth and towel. Wear clean underwear each day. Handle sheets, blankets, and underwear of infected children carefully. Avoid shaking the items and wash dirty laundry promptly.

For more information, please contact your local health department.

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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