



## Pinworm

Your child may have been exposed to this disease

*If your child has symptoms, please contact your child's healthcare provider.*

### **If my child has this disease, when can he or she return to school or child care?**

Children with pinworm are not restricted from school or child care.

**Pinworm or "threadworm" is an infection caused by a small, thin, white roundworm that sometimes lives in the colon and rectum of humans.**

Children in school, preschool, or child care, get pinworm most often. It can also affect people who live in institutions, or members of a household of a person who has pinworm.

It causes:

- Itching around the anus which can cause trouble sleeping and restlessness.

### **What can I do now?**

**Watch your child** for symptoms and call your child's doctor or health care provider if your child becomes sick. You may want to talk to your doctor or health care provider to see if all members of your home should receive medication.

**If your child gets sick, prevent others from getting ill by:**

- Do not share clothing, towels, or bedding
- Wash clothes, towels, and bedding in hot water (131 degrees F or higher)
- Avoid taking baths together. Take showers.
- Wash hands with soap and water after using the bathroom, changing diapers, and before handling food.
- Clean and vacuum the house daily for several days to prevent eggs from spreading.
- Bathe and change to clean underwear, night clothes, and bedsheets frequently.
- Keep nails short.

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: [www.cdc.gov/parasites/pinworm](http://www.cdc.gov/parasites/pinworm)