

CHILDREN
WITH

threadworms/ pinworms



Children with **threadworms/ pinworms**

General information:

Threadworms, also called pinworms, is an infection in the colon and rectum. It is a small white worm, 8-13 mm x 0.5 mm. The worms are white and thin like threads that move.

Threadworms are common all over the world and are most frequent among children aged 5 to 10. The condition is less frequent in adults, and most often, several people in the household are infected.

Threadworms may give cause for concern, yet is a quite harmless condition. Most often the worms do not cause discomfort – other than the thought of having worms in the intestines.

The clinical diagnosis is made on the basis of the symptoms of itching and small worms around the anus as well as by an "imprint of the anus" used for microscopic examination.



Route of infection:

Infection takes place directly from rectum to mouth. You may become infected by being in contact with a person who has eggs from threadworms on their hands. Infection may also take place if eggs are present in a towel or if they become airborne by being shaken off contaminated underwear or bed linen.

Eggs will survive up to 2-3 weeks in dust and linen.

At night, the worm will lay eggs around the anus, as it is attracted by heat.

Symptoms:

Symptoms are especially pronounced around bedtime.

Typical symptoms include:

- Itching in anus – redness and scratches in the skin
- Stomach pain
- Trouble sleeping
- Visible worms in the stools or around the anus
- Girls may experience discharge from the vagina.

Treatment/good advice:

Threadworms are treated with pills or a mixture. The whole household will be treated – also those who do not have symptoms.

- Take a shower in the morning to remove the eggs
- Change bed linen, nightwear and underwear frequently
- Keep nails short and clean them daily.

Thorough hygiene is extremely important. Wash hands often – always after going to the toilet and before meals.

When to see a doctor?

If you experience one of the above symptoms.

Prevention:

Good hand hygiene.

Childcare:

The child can go to childcare. Inform the institution that the child has threadworms.

Parental guidelines

These guidelines have been prepared by a working group set up by the departments of paediatrics in Herning, Randers, Skejby and Viborg.

The intention with these guidelines is to provide parents with advice across the following sectors: health visitors, general practitioners family doctors, doctors on call, and the staff at paediatric admission wards in the Central Denmark Region.

The parental guidelines can be seen and downloaded from the internet on the web site www.fv.rm.dk

You may order additional copies from Rikke Dalsgaard,
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