



Dear Parents / Carers

We have had a reported case of worms in school (threadworms or whipworms). Please can you check the information about symptoms below and check whether your child might be infected. More information can be found on the NHS website:

<https://www.nhs.uk/conditions/worms-in-humans/>

### Symptoms

- Small, white worms in your child's poo that look like pieces of thread
- Extreme itching around your child's bottom, particularly at night

### Treatment

A pharmacist or your child's GP can help with treatment for worms, you might be asked to provide a sample.

If your child has worms, a GP will prescribe medicine to kill them or you can buy this at the pharmacy. Everyone who lives at home may have to be treated. Any worms in your child's gut will eventually pass out in their poo although they may not notice this.

To avoid becoming infected again or infecting others it's very important that children remember to wash their hands:

- After going to the toilet
- Before eating food
- Regularly during the day

The school nursing team, along with health visitors, will be pleased to offer advice on the detection and treatment of worms in children if needed.

Yours sincerely

T. Rigg  
Headteacher

## How you catch worms

Worms are mainly spread in small bits of poo from people with a worm infection. Some are caught from food.

You can get infected by:

- **touching objects or surfaces with worm eggs on them** – if someone with worms does not wash their hands
- **touching soil or swallowing water or food with worm eggs in it** – mainly a risk in parts of the world without modern toilets or sewage systems
- **walking barefoot on soil containing worms** – only a risk in parts of the world without modern toilets or sewage systems
- **eating raw or undercooked beef, pork or freshwater fish (like salmon or trout) containing baby worms** – more common in parts of the world with poor food hygiene standards

You can catch some worms from pets, but this is rare.

## How to prevent worm infections

### Do

- wash your hands before eating or preparing food, and after touching soil or using the toilet
- only drink bottled or boiled water in high-risk areas (places without modern toilets or sewage systems)
- deworm pet dogs and cats regularly
- dispose of dog and cat poo in a bin as soon as possible
- thoroughly wash garden-grown fruit and vegetables

### Don't

- do not let children play in areas where there's a lot of dog or cat poo
- do not eat raw fruit and vegetables in high-risk areas
- do not walk barefoot in high-risk areas
- do not eat raw or undercooked pork, beef or freshwater fish