



Meeting Individual Needs

Dear Parents/Carers

Threadworms

We have been notified by a Parent that their child is being treated for threadworms. Threadworms are a very common problem, particularly in children. It is estimated that half of all children below the age of 10 years get threadworms at some time.

We are promoting good hygiene in class and are writing to give you some useful information and advice.

What are threadworms?

Threadworms are tiny white worms around half an inch long that look like 'threads' of white cotton. They live in the bowel and around the bottom.

Are threadworms harmful?

Threadworms are generally harmless and easily treated. They can cause irritation around the bottom, which can be distressing.

What are the signs of threadworms?

The most common symptom is scratching around the bottom, particularly at night time. This may be associated with disturbed sleep and irritability. Threadworms may be seen in stools and around the bottom. Some children may show no symptoms at all.

How do you get threadworms?

Threadworm eggs may be found in house dust, they stick to clothing, carpets, towels and bed linen. They can also be picked up in garden soil, on unwashed vegetables and salads, or from someone who already has worms. Because the eggs are so small and so widespread, it is easy for them to be swallowed.

When swallowed, the eggs pass into the bowel where they hatch into worms. The female threadworm lays her eggs at night around the bottom which causes itching. Bottom scratching means eggs stick under fingernails which can then be transferred to the mouth by nail biting or sucking fingers. Eggs can be spread to other people by direct contact, via food, towels and bed linen.

What should I do if I suspect threadworms?

There is no reason to keep a child off school as long as they are treated and the general hygiene measures outlined below are followed. It is important to treat the whole family if one person develops symptoms.

How can I prevent threadworms?

- Keep children's nails short.
- Remind children not to bite nails or suck fingers.
- Ensure your child wears pyjamas or underpants in bed to prevent scratching
- Bathe daily, preferably in the morning, washing thoroughly around the bottom and keep separate towels for each family member.
- Change clothes and bed linen regularly.
- Make sure everyone in the family is treated at the same time.
- Wash hands thoroughly after each visit to the toilet, before eating and before handling food.
- All cleaning materials should be dried and disinfected after each use. It may be easier to use disposable cloths or paper towels.
- Bathrooms, including baths, sinks, showers, shower curtains and tiles need to be hygienically cleaned frequently. Use a toilet cleaner every few days. Clean the toilet seat, toilet handle and door handle regularly with disinfectant.
- Vacuum and dust bedrooms thoroughly.
- Clean floor regularly, using warm water and detergent.
- Keep carpets and soft furnishings clean by using a suitable product or by steam cleaning.
- Keep pet's food separate from human food and wash hands after touching pets, their food, toys, cages etc.
- All underwear, towels and linen should be washed at 60C (140F) or at 40C (104F) with a bleach based laundry product. Remove items from the washing machine as soon as you are able to.
- Run the washing machine on empty once a week on a high temperature.
- Keep bins clean, hygienically clean lids and throw rubbish away quickly and carefully.
- Hygienically clean toys regularly.

If you would like any further information or advice, please contact your GP, Pharmacist or alternatively we can put you in touch with our School Nurse.

Many thanks for your co-operation.

Yours sincerely

G Knox (Mrs)
Headteacher