

A Lively and Healthy Me

A Campaign on Preventing and Controlling
Worm Infections for Health Promoting Schools



Urbani
School Health Kit



**World Health
Organization**

Western Pacific Region

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Urbani School Health Kit
TEACHER'S RESOURCE BOOK

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Worm Infections for Health Promoting Schools



Objectives

After the lessons, schoolchildren **ages 5 to 9** will be able to:

- Describe what are worm infections
- Describe how worms enter the body
- Describe the impact of worm infection on children's growth and development
- Explain why worm infection should be prevented and controlled
- Demonstrate ways to prevent and control worm infection
- Take de-worming tablets twice a year

In addition, schoolchildren **ages 10 to 12** will be able to:

- Discuss reasons why worm infections are common among children
- Illustrate the life cycle of common worms and relate this to the mode of transmission of the disease

Key Messages

For ages 5 to 9

- Worms are parasites that feed on nutrients in the human bowels.
- Worm infections are common in children with poor hygiene practices
- Worm infections are transmitted through the mouth (by eating with dirty hands, eating contaminated food and drinking water that is not potable), and through skin contact with soil contaminated by faeces containing worms or worm eggs.
- Worms in the body can go unnoticed or cause abdominal pain, loss of nutrients, slow

growth and development, and even death.

- Children who are worm-free are more active, perform better in school, and are more resistant to other diseases.
- Worm infections can be prevented by improving personal hygiene, practicing proper hand washing (especially after defecating, and before preparing or eating food), cooking meat thoroughly, keeping food and water supplies clean, and keeping toilets clean.
- Worm infections can easily be treated by de-worming drugs.

In addition, for ages 10 to 12

- Eggs of worms are often ingested by children through dirty fingers or contaminated food and water. The eggs develop into larvae and mature into worms inside the body. Mature worms lay eggs which are excreted into the faeces.
- Worm infection can cause malnutrition, retarded growth and development, poor learning ability and frequent school absenteeism.

Activities

For ages 5 to 9

- Storytelling: How worms affect a child's health
- Role-playing: Worms around me
- Demonstration of proper hand washing

For ages 10 to 12

- Game: Arrange the sequence of the life cycle of worms
- Demonstration of proper hand washing
- Making Posters: Protecting food and water supplies from contamination
- Drawing Activity: Picture tells a story
- Investigative Report: Protecting food and water supply from contamination
- Field visit: Going to the toilets
- School Fair

Materials/Resources**For ages 5 to 9 and 10 to 12**

- Pictures of the life cycle of worms

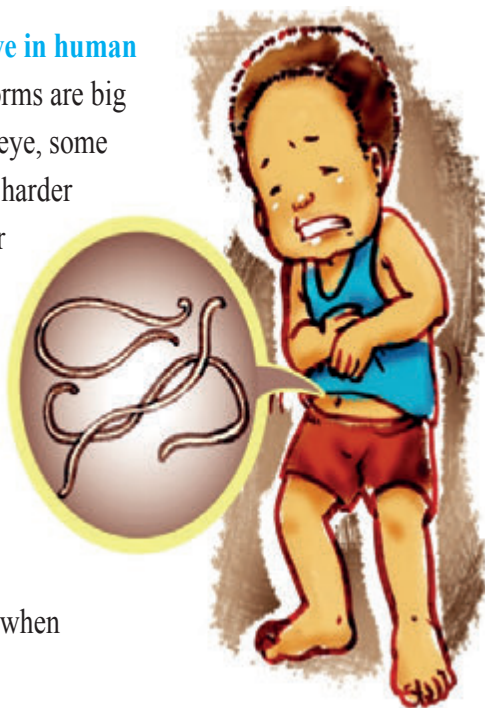
Children who are worm-free are lively, have a good appetite and are always ready to face new challenges in school. On the other hand, children who have heavy worm infections are usually pale and weak, and they may have a protruding abdomen. Because they often feel unwell, they are absent from school more days than other children.

Teaching children about preventing worm infections is an important goal of health promoting schools. Worms in the body cause abdominal discomfort and loss of nutrients. This can lead to anemia, which in turn causes school absenteeism, poor learning ability and poor school performance. In some cases, worm infections can lead to retarded development and even death of children who are malnourished and have recurrent infections.

Although it is a serious health problem, the good news is that prevention of worm infections is not difficult, infections can easily be detected and diagnosed, and treatment is available. Prevention of worm infection is the focus of this lesson. The most important points are personal hygiene and environmental sanitation.

Worms are parasites that live in human

bowels (intestines). Some worms are big enough to see with the naked eye, some worms are very small and are harder to see. Some worms can enter the body through the mouth as worm eggs; others enter through the skin as larvae. It is therefore important for children to develop the habit of washing hands properly, keeping nails short and clean and always wearing footwear when playing in the ground (soil).



Why is preventing and controlling worm infections important?

What should children know about preventing and controlling worm infections?

How do worms enter the body?

Through the mouth

Worms can enter the body through the mouth by several means:



- Eating contaminated food or drinking contaminated water

Some worms are passed from one person to another through contaminated faeces. This usually happens when a person infected with worms defecates and does not wash his or her hands. The eggs of the worms are very small, and often you don't see them being transferred to food, water or the hands of other persons.

- Eating undercooked meat from contaminated animals

Some worms are also transmitted from infected animals.

For example, animals such as cows or goats might eat tapeworm eggs as they graze or forage for food. These eggs then move into the flesh of the animals where they live and grow. If the meat is not cooked properly, a person might ingest the tapeworm and thus get infected.

Through the skin

Worms can enter the body through the skin by several means:

- Skin contact with contaminated soil



Some worms enter the body through direct skin contact. This usually happens when walking barefoot on soil or sand that is contaminated with faeces. Larvae can enter the feet or buttocks of children and enter the blood stream. Once in the blood stream, they can reach the intestines.

Worm infections greatly affect a child's health and well-being.

Light worm infections may have no symptoms and thus go unnoticed. When the number of worms increases, they can cause stomach ache and diarrhea.

Both light and heavy worm infections lead to poor health. Worms get the nutrients intended for the development of the child's body and cause:

- Loss of nutrients which can lead to anemia
- Retarded growth and development
- Poor learning ability and poor school performance

Children with worm infections often feel unwell, and so they are absent from school more often than healthy children. Children who are worm-free are more active, perform better at school, and are more resistant to diseases.

Prevent worm infections by improving hygiene practices and keeping food and water safe.

- Always practice proper hand washing especially after defecating and before preparing or eating food

Proper hand washing helps prevent the spread of worm infections. Worm eggs can easily be washed away with soap and water. This is a practice that should always be observed after going to the toilet and before preparing or eating food.

- Always cook meat thoroughly

The meat we eat could be contaminated by worms. It is therefore important that meat is thoroughly cooked.



- Always wash vegetables and fruits, especially if these will be eaten raw

High temperatures in cooking are enough to destroy worm eggs, but some foods, like fruits and vegetables in salads are eaten raw. It is therefore very important that such foods are washed very carefully.



- Always keep food and water supplies clean

Always cover food and water containers to prevent these from being contaminated by insects or pests carrying worm eggs. Make sure that vegetable gardens and water supplies are not contaminated with fresh human faeces.

- Use clean toilets

Toilets should be properly constructed so that animals and insects are kept away from the faeces. They should also be kept clean and provided with soap and water to encourage hand washing after use.

Worm infections are easily treated using de-worming drugs

De-worming tablets effectively kill worms inside the body. De-worming can be done every six months or every year.

While de-worming is recommended for all children, it is important to know

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https://www.yunbaogao.cn/report/index/report?reportId=5_27735

