

# From the School Nurse...

Mamaroneck Union Free School District

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## EXPOSURE NOTICE Pinworms

Date: \_\_\_\_\_

Dear Parent/Guardian:

Your child may have been exposed to pinworms. Pinworms are white, threadlike parasites found in and about the rectal area. Pinworms are transmitted by transfer of infective eggs by hand to mouth, or indirectly, through articles contaminated with eggs. Pets do not host these worms, only humans.

The worms are about ½ inch long and can be seen in the stool and around the rectal area, usually within a few hours after the child has fallen asleep. Symptoms include anal itching and scratching (especially at night), restlessness and irritability. Girls may experience vaginal itching.

Pinworms are treated with medication prescribed by your doctor. Treatment involves a two-dose course of medicine. Close family contacts should also be treated.

If you think your child has pinworms, please contact your physician or practitioner. If a diagnosis is confirmed, please let the school nurse know. A doctor's note stating the diagnosis and treatment being done is needed in order for your child to return to school.

### To prevent the spread of pinworms:

- Frequent, thorough handwashing especially after using the bathroom and before eating.
  - Keep your child's fingernails short to minimize the chance of collecting pinworm eggs under the nails.
  - Clean and disinfect bathroom surfaces.
  - Vacuum carpeted areas.
  - Machine wash bed linens and hand towels using hot water.
  - Discourage children from biting fingernails and from scratching the anal area.
  - Change and wash underwear each day.
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