

# Woodstone Community Primary School

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*Growing together, Learning forever*

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Dear Parents/Carers,

We have been informed that there is a case of threadworm in school. Just as head lice and childhood go together, getting threadworm is also a common part of growing up. But unlike head lice, threadworm is not a condition people really talk about.

## What are the symptoms?

- Intense itching around the anus (or the vagina in girls), particularly at night which can lead to a skin infection
- Disturbed sleep as a result of the itching, which can lead to irritability
- Loss of appetite
- Weight loss
- Bedwetting

There are no outward symptoms at all; the only evidence is the appearance of the worms themselves. You may notice them on bed clothes or in the infected person's stools. They look like threads of white cotton about one centimetre long.

The life span of threadworms is approximately six weeks, so it's important that the following hygiene methods are followed for at least this time. Everyone in the household should follow the advice outlined below.


## Advice

- Wash hands regularly and scrub under nails, particularly before eating and after going to the toilet
- Keep fingernails short and discourage nail-biting and sucking fingers
- Wash all night clothes, bed linen, towels, etc. when first diagnosed
- Thoroughly vacuum and dust the whole house, particularly bedrooms
- Avoid shaking materials such as bed sheets as they may be contaminated with eggs
- Clean the bathroom and kitchen by damp-dusting surfaces and washing the cloth frequently in hot water
- Wear close-fitting underwear at night and change it every morning
- Bath or shower regularly

If you suspect that your child may have threadworms, see your doctor as soon as possible and notify school.

For more information please visit [www.nhs.uk/Conditions/Threadworms](http://www.nhs.uk/Conditions/Threadworms)

Yours sincerely,

  
Mr P Mullins  
Headteacher

