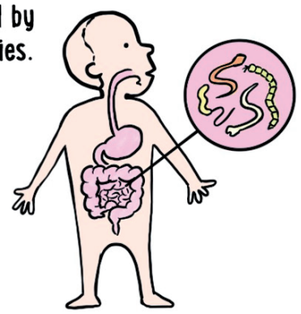
Worms 10 messages for children to learn & share

1. Millions of children have worms living inside their bodies, in a part of the body called the intestines and this is where the food we eat is digested by our bodies.



2. Different kinds of worms can live in our bodies: roundworms, whipworms, hookworms and trematode worms (blood flukes). There are others too!



3. Stop worm eggs getting into the body by washing hands with soap after a pee or poo before preparing food or eating, by washing fruit and vegetables and by wearing shoes or sandals.



WASH HANDS



WASH FOOD

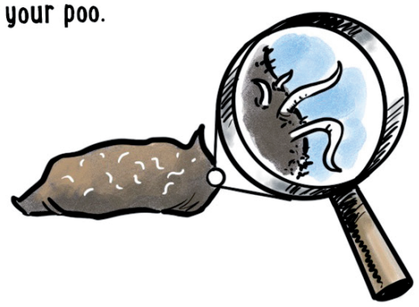


WEAR SHOES

4. Worms can cause stomach pain, coughs, fevers, diarrhea and other signs of illness. Worms in the body can also make people feel weak or tired.



5. Worms can live inside your body so you might not know they are there but sometimes you can see worms in your poo.



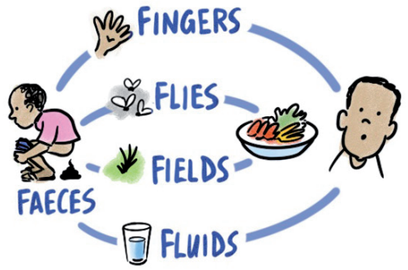
6. Worms and their eggs get inside our bodies in different ways. Drinking unsafe water and eating food that has worms too small to see is one way. Other worms live on the ground and get inside the skin on our feet from walking barefoot.



7. Taking a de-worming pill kills the worms. The pills are given at health centers and sometimes all children are treated at the same time to prevent worms from coming back.



8. Worm eggs and other germs can live in pee and poo. Use latrines. Do not poo outside in the open.



9. Some worms live in the soil so wash your hands with soap after handling animals, playing outside, farming or gardening.



10. Water that contains animal or human pee or poo can mean worm eggs are on the vegetables and fruit we eat. Wash, peel and cook food properly before eating.



Frequently Asked Questions About Our Posters

- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, children's clubs, religious groups etc.
- **Is it enough for children to learn the messages?** The messages are designed to be 'doorways' to discussion & action. They are for children to understand & use, not just to memorise.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns & shares a message & returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages & every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages.
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message for this topic.
- **Can I add to, change, adapt, translate or simplify the messages**? YES! BUT check with experts that your new or revised messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short & simple. You may want to add other short & simple messages & that's OK.
- **Why do some of the words & concepts on this poster seem too hard for children?** Children love to learn new words & ideas like the names of different worms. Take time to ensure they understand words, acronyms & ideas of lifelong importance.



Further Information for Educators

- Children who are infected with worms affect their nutrition and overall health.
- The prevention of worms is important. Without prevention and improved hygiene, children get worms again and again
- It's important to understand that animals and especially pigs are part of the worm-to-human infection loop. Eating undercooked meat contaminated with worms can be a source of worm infection.
- The WHO recommended medicines – albendazole (400 mg) and mebendazole (500 mg) – are effective, inexpensive and easy to administer by non-medical personnel (e.g. teachers). They have been through extensive safety testing and have been used in millions of people with few and minor side-effects. Both medicines are donated to national ministries of health through WHO in all endemic countries for the treatment of several groups of people including all children of school age.
- One way to remember the way germs and worms spread is that they all start with the letter, F (fingers, flies, fields, fluids).
- It is good to encourage girls to wipe themselves so that germs from the anus do not go to close to the vulva.

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Children for Health
Sharing Knowledge Saving Lives

Basket of Activities



- MAKE UP our own messages on Intestinal Worms in our own words and our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families.
- USE the 'vote with your feet' method to take our quiz and find out how much we know about worms.
- LISTEN to a story about worms so we can understand how we can stop worms spreading by understanding how to protect our drinking water, washing our hands and remembering to wear our shoes.
- TEACH younger children to always use the toilet to stop worm eggs spreading from poo that gets into the soil and water.
- FIND out how food is prepared in our school and how our cook keeps food safe and free from worms.
- MAKE UP a song to sing in the family to promote the use of soap and water for washing hands properly.
- DO a survey to find out about what people in our family know about worms and hoe people in families wash their hands.
- MAKE up a play about The Wicked Worms and how children stop them stealing their family's food!
- MAKE posters to show how to keep food safe and free from worms by washing it before eating raw vegetables, cooking meat properly and preparing food.
- FIND out how to make a Tippy Tap and make a Hand Washing Station for our family, class or group.
- MAKE a poster to remind us how to to keep drinking and cooking water clean:
- Do not let animals go near the water source. If necessary, build a fence to keep them out.
- Do not bathe and do not wash clothes, cooking pots, or eating utensils near the water source.
- Do not pass stool or throw garbage (rubbish) near the water source.

With thanks to the Hesperian Health Guides for ideas from the book, A Community Guide to Environmental Health, used to create our art work.

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