Did you know that children suffer from several harmful health issues because of worm infection, such as:

- Anemia
- Nutritional impairment
- Loss of appetite
- Weakness and anxiety
- Stomach ache, nausea, vomiting, 
  and diarrhoea
- Blood in stool

10 February 2016 - On National Deworming Day, deworming tablets will be given free-of-cost at schools and anganwadi centres.

1. Children aged 1-5 will be given this tablet at anganwadi centres
2. Children aged 6-19 will be given this tablet at schools
3. Out-of-school children will be given this tablet at schools
4. Ensure that your child gets this tablet only from a trained program representative. Do not give the tablet to your child at home
5. For more information contact the anganwadi worker/ASHA/teacher in your community

Benefits of deworming children

Direct Benefits:
- Controls anemia
- Improves nutritional uptake

Indirect Benefits:
- Helps improve immunity
- Helps improve concentration, capacity to learn, and attendance at school and 
  anganwadi centre
- Helps improve work potential and livelihood opportunity
- Helps break the transmission cycle resulting in lesser worm infestation in the community.

Remember – 10 February 2016

Take your child to the nearest school or anganwadi centre where deworming tables will be given free-of-cost

Children who could not be dewormed on National Deworming Day should be dewormed on 15 February 2016
Other practices to control transmission of worm infections, in addition to deworming

- Keep your nails clean and short
- Always drink clean water
- Keep food covered
- Wash fruits and vegetables with clean water
- Keep you surroundings clean
- Wear shoes/slippers
- Do not defecate in the open. Always use a toilet
- Wash your hands with soap, especially before eating and after using the toilet

For your information

Why should all children be dewormed, even though some children do not appear sick?

- It is essential to deworm all children to control worm transmission in the community
- A child can carry worms for a long time but not have visible symptoms. But it has long-term impact on the health, educational, and overall well-being of the child
- The deworming tablet is safe and beneficial for all children and adults
- The deworming tablet helps in children’s overall physical and mental development