Bring your child to the nearest school and *anganwadi* centre on National Deworming Day where deworming tablets will be given **free-of-cost**.

**ASHA's important role in community awareness**

1. Inform your community about the benefits of deworming and National Deworming Day **10 February 2016**. Encourage everyone to send their children to the school and *anganwadi* centre on the day.
2. Encourage children who could not be dewormed on National Deworming Day to have the tablet on mop-up day **15 February 2016**.
3. Before National Deworming Day, make a list of unregistered and out-of-school children aged 6-19 during home visits, and give the list to your *anganwadi* centre.
4. Ensure maximum number of unregistered and out-of-school children benefit from this program by being dewormed at the *anganwadi* centre.
5. Inform your community about the benefits of deworming and the date of National Deworming Day through *Gram Panchayat* and VHND.
6. Inform your community about the deworming messages appearing in newspapers, radio, and TV that they should watch/listen to carefully.
7. Inform children who come to the school and *anganwadi* centre and their parents/guardians about the benefits of deworming and all related information. Tell them it is important that all children have this tablet.
8. Inform all parents/guardians that this tablet is **safe** and **beneficial** for all children and adults.
How do worms spread?

1. An infected child contaminates soil with faeces containing worm eggs. These eggs develop into larvae in the soil.

2. Other children are infected by eggs ingested through food or dirty hands, or by larvae penetrating the skin.

3. In an infected child, eggs and larvae develop into adult worms, which produce eggs and have an ill effect on the child’s health.

Impact of worm infestation on a child’s health

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

- The greater the amount of worms in a child (intensity), the more symptoms the infected child will have.
- Children with mild infections usually have no symptoms.

Benefits of deworming children:

- Controls anemia
- Improves nutritional uptake
- 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 infections in the community.

Other practices to control transmission of worm infections, in addition to deworming

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

Inform community, parents, and children in detail about these behaviors.

The deworming tablet is safe for both children and adults.

1. Children who are sick or have had any other medicine should not be given the deworming tablet.
2. Remember that children have to chew the tablet, along with a glass of water.
3. Events such as nausea, mild abdominal pain, vomiting, diarrhea, and fatigue may occur among few children, especially those with high worm infection.
4. In case of an emergency, contact your nearest health centre/108.

Fulfil your role in this program with enthusiasm and play a part in giving children a brighter future.