

**NATIONAL DEWORMING DAY (NDD)**  
**FREQUENTLY ASKED QUESTIONS (FAQs) FOR DEWORMING SCHOOL CHILDREN –EVIDENCE BASED**  
**For Anganwadi Workers, ASHA and Teachers**

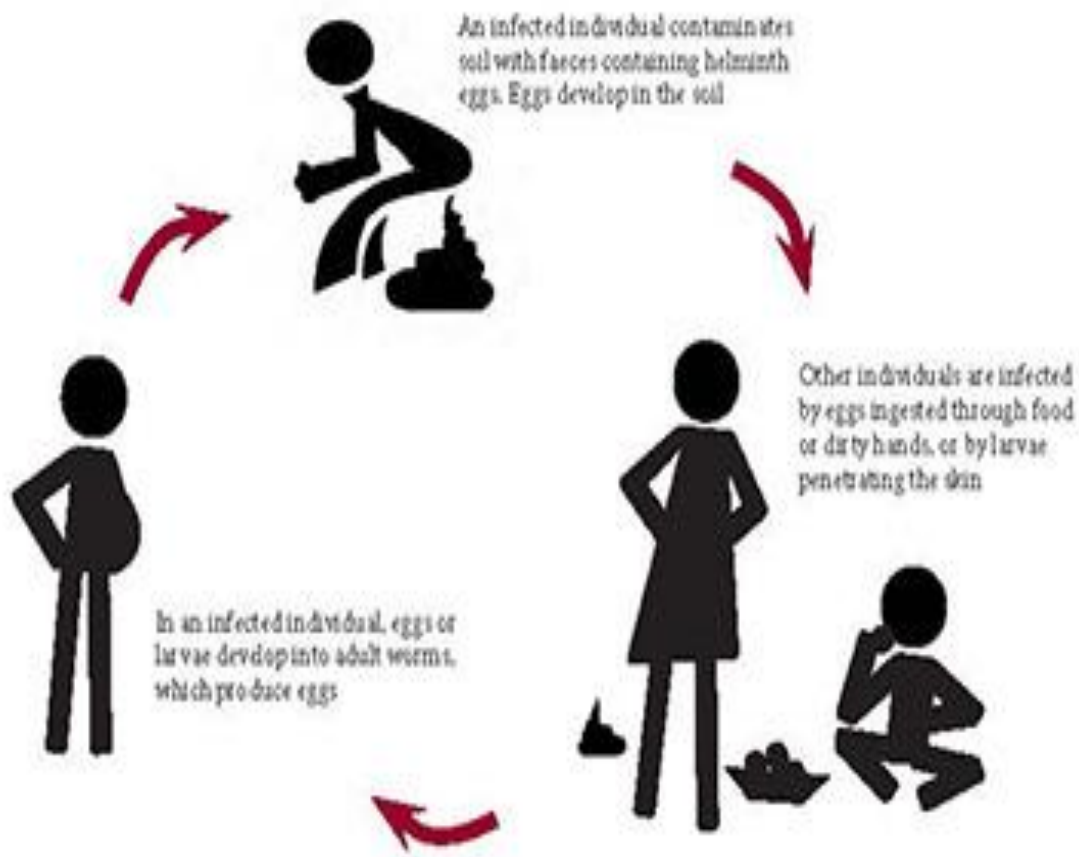
<b>S.No</b>	<b>Questions</b>	<b>Answers</b>
1.	What are intestinal worms?	Worms are parasites, which live in human intestines for food and survival. The worms consume nutrients meant for the human body and cause blood loss, poor nutrition and stunt growth.
2.	How do people get infected with worms?	Worm infections result from poor sanitation and hygiene conditions, and are transmitted from through contact with infected soil. A schematic of the transmission cycle of soil-transmitted helminths is located in Annexure I.
3.	How to prevent the spread of worm infections?	There are several ways to prevent the spread of worm infections by improving hygiene, including: <ul style="list-style-type: none"> <li>• Washing hands, particularly before eating and after using toilets</li> <li>• Using sanitary latrines</li> <li>• Wearing slippers</li> <li>• Drinking safe and clean water</li> <li>• Eating properly cooked food</li> <li>• Washing vegetables, fruits and salads in safe and clean water</li> <li>• Keeping nails clean and short</li> </ul>
4.	What are the harms associated with having worms? Why is deworming children important?	Worm infections interfere with the health, nutrition and education of children. Worms can cause anemia and malnourishment, which has negative effects on mental and physical development. Malnourished and anemic children are often underweight and have stunted growth. Children with heavy infections are often too sick or too tired to concentrate at school or attend school at all. A child regularly treated for worms: <ul style="list-style-type: none"> <li>• Grows faster and is healthier</li> <li>• Is more resistant to other infections</li> <li>• Learns better and is more active in school</li> <li>• Attends school more regularly</li> </ul>
5.	What is National Deworming Day?	National Deworming Day is a day when all children (both enrolled and un-enrolled) between the ages of 1 and 19 can receive treatment for intestinal worms from teachers at all government and government-aided schools and from Anganwadi Workers annually.
6.	Why National Deworming Day is observed when there are other programs having a deworming component?	While deworming has been a part of other programs, including the Weekly Iron and Folic Acid Supplementation Program (WIFS), deworming has occurred inconsistently and not all at-risk children are currently receiving treatment. Going forward, deworming will happen on the same day across India to maximize the number of children treated.

7.	When is National Deworming Day?	National Deworming Day will be observed annually on 10th February every year. Details of the states are listed in Annexure II.
8.	Why are teachers and Anganwadi Workers distributing treatment, as well as health personnel?	Children are comfortable with their teachers and Anganwadi Workers, and the community and parents have a lot of confidence in them. The teachers can easily give the deworming drugs to children with basic training. Teachers have been successfully deworming children in some states in India and over 30 countries <sup>1</sup> .
9.	Why treat all children if some do not appear sick?	The effects of worms might not be seen immediately, but they can cause long-term harm to children's health, education, and overall well-being. Children can carry worms for a long time and not know they are sick; you will only see that they are doing poorly in school and not growing well. Since the drugs are safe whether or not a child is infected, and the cost of diagnosis is high, it is better to treat every child.
10.	What is the treatment to be given to children?	Albendazole is the name of the deworming drug used by the Government of India and is a safe treatment for intestinal worms used across the globe. The recommended dosage for children between the ages of 2 and 19 is 1 tablet (400 mg) and for children between the ages of 1 and 2 is half tablet (200 mg).  For young children the tablets should be broken and crushed and then to be administered with water.
11.	Does the deworming treatment have side effects?	The deworming treatment has very few side effects in children. There may be some mild side effects like dizziness, nausea, headache, and vomiting, all likely due to the worms being passed through the child's body. They will all disappear after some time. Side effects are usually experienced by children with high infections. If symptoms do not go away within 24 hours, or if they are very severe, the child is probably experiencing something unrelated to the treatment and should be taken to the nearest health facility.
12.	Is it safe for children to consume the deworming tablet without having a meal?	It is fine to take the deworming tablet on an empty stomach.
13.	Should the deworming tablet be given to a sick child?	If a child is sick, do not give him or her the deworming treatment. Only children who appear well should be treated, left out children can be treated on Mop Up day or later on after being well.

<sup>1</sup> 2010 Global NGO Deworming Inventory Summary Report: Deworming Programs by Country., retrieved from <http://storage.ugal.com/5115/deworming-programs-by-country-2010-3.1.12.pdf>

14.	What should the teacher do if a child shows a negative reaction/adverse reaction after deworming?	Call the help line as provided to you during the training session. Let the child rest in the shade and drink water. If the symptoms are very severe, it is probably unrelated to the treatment and the child should be taken to the nearest health facility.
15.	What should you do if a child chokes after having a tablet?	<ol style="list-style-type: none"> <li>1. Keep calm.</li> <li>2. Take the child to a shady cool place and allow the child to cough and give him or her drinking water. (If this doesn't help follow step 3)</li> <li>3. Pat or give a back blow with the hand on the upper back of the child to dislodge the object from the airway or else make the child bend forward and pat on his/her back so that the tablet comes out. (If this doesn't help follow step 4)</li> <li>4. Call the help line or the nearest health worker</li> </ol>

**Annexure I**  
**Transmission cycle of soil-transmitted helminths<sup>2</sup>**



<sup>2</sup> Helminth control in school age children., A guide for managers of control programs ., 2<sup>nd</sup> edition ., WHO(2011)

## Annexure II

National Deworming Day 2014-15	States
10 <sup>th</sup> February 2015	Rajasthan
	Delhi
	Dadar Nagar Haveli
	Tripura
	Chhattisgarh
	Assam
	Bihar
	Haryana
	Madhya Pradesh
	Maharashtra
	Karnataka
	Tamil Nadu