10 August 2016

Remember to send your child aged 1-19 to the nearest *anganwadi* or school to have the **safe** and **beneficial** deworming tablet that will be provided **free-of-cost**.
Other practices to reduce 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
- Wear shoes
- Do not defecate in the open. Always use a toilet
- Wash your hands with soap, especially before eating and after using the toilet