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, diarrhoea
- Weight loss

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

1. Children aged 1-5 will be given this tablet at **anganwadis**
2. Children aged 6-19 will be given this tablet at schools
3. Unregistered and out-of-school children will be given this tablet at **anganwadis**
4. Albendazole is a safe drug for children and adults. The tablet should be administered to the child at school/ **anganwadi** and not given to the child/parent to take home

**Benefits of deworming children**

Direct Benefits:
- Controls anemia
- Improves nutritional uptake

Indirect Benefits:
- Helps improve concentration, capacity to learn, and attendance at school and **anganwadi**
- Helps improve work potential and livelihood opportunity
- Benefits the community by reducing worms in the environment

Remember – 10 August 2016

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

Children who could not be dewormed on National Deworming Day should be dewormed on ____ August 2016
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
- Keep your surroundings clean
- 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

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 helps in children’s overall physical and mental development
- The tablet should always be chewed and swallowed with some clean drinking water to avoid choking
- Call _______ for any medical assistance
- For more information, contact your ANM/ASHA/anganwadi worker