Worm Free Children Are Healthy Children

Did you know that children who have worms

- Always feel tired because of malnutrition and anemia
- Can have impaired physical and mental development

To protect yourself from worms, remember

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

10 August 2016 - National Deworming Day

Remember

- All children aged 1-19 will be given the deworming tablet at all schools and anganwadis free-of-cost
- Children who could not be dewormed on National Deworming Day must be given the tablet on mop-up day: ------- August 2016
- Unregistered and out-of-school children will be dewormed
- Albendazole is a safe drug for children and adults. The tablets should be administered to the child at school/anganwadi and not given to the child/parent to take home
- The tablet should always be chewed and swallowed with some clean drinking water to avoid choking
- After having the tablet, sometimes children will experience nausea, mild abdominal pain, vomiting, diarrhea and fatigue, which can be expected if they have worms. Do not panic.
- Call ______________ for any medical assistance
- For more information, contact your ANM/ASHA/anganwadi worker