

At all times

- Wash hands well with soap and water after going to the toilet, after changing a diaper, before preparing and eating food.
 - Using liquid soap is preferable because bar soap can become contaminated.
 - Clean fingernails with a brush.
- Keep fingernails as short as possible. This reduces the risk of picking up pinworm eggs from scratching.
- Avoid scratching the anus.
- Avoid nail biting or putting hands in mouth.

For sleeping

- Wear close fitting underwear.

On waking up in the morning

- Wash hands.
- Remove underwear in the shower, then shower, washing anus well. A shower is preferable to a bath in order to limit the risk of contaminating the bathwater and sides of the tub. If giving a child a bath, have the child stand in the bathtub.

The day of treatment and for a few days after

- Change and wash bedding, pyjamas, underwear, security blankets, towels and facecloths in hot water every day. Do not shake them as this risks spreading the pinworm eggs.
 - Every day, clean:
 - the shower, bathtub and toilets;
 - objects that may have been handled (e.g.: door knobs, toys) by infected persons.
- Disinfectants are not very effective against pinworms. Use regular soap. Clean small surfaces at the same time so as not to spread eggs. Avoid soaking laundry in a tub because the water could become contaminated.
- Vacuum every day, particularly in the bedroom. Avoid sweeping as this risks spreading the pinworm eggs.
 - Allow daylight into all the rooms of the house frequented most often by infected individuals as light helps to kill the eggs.
 - Bathe all house pets (once is enough). They do not carry pinworms but they can have eggs in their fur.

If the person with pinworms goes to school or daycare

- Notify the school (the school nurse is best) or the daycare so that appropriate measures can be applied as needed.

For more information

- Call Info-Santé at 8-1-1

French and English versions of this leaflet are available at: <https://extranet.santemonteregie.qc.ca/dspu/maladies-infectieuses/pci-communaute/#ecoles> (under «Écoles et services de garde éducatifs à l'enfance - Outils»)