Always ensure that your children wear shoes when playing on the ground.

Always ensure that children's finger nails are kept short and clean.

Encourage children to adopt healthy behaviours such as using toilets at an early age.

Participate in the various child health campaigns aimed at improving your children's health.

Signs and symptoms

- The child may lose weight and not grow well.
- The child may look pale due to lack of blood
- The child may have a large stomach or abdomen.

National Food and Nutrition Commission

MISSION STATEMENT:

To provide leadership on food and nutrition matters in order to achieve an optimal nutritional status of the people of Zambia and contribute to the attainment of a healthy and productive nation.

VISION: ***To achieve optimal food and nutrition status for the Zambian population***

Ensure that your child receives worm medicine every 6 months.

Republic of Zambia

Ministry of Heath &
Ministry of Education

IZUMI FOUNDATION

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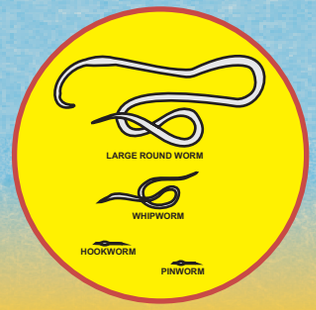
What You Need To Know About Worms



Worms

Many children in Zambia suffer from worms. There are a number of reasons why children get worms. Some of the reasons are:

- Most children put a lot of things in their mouths. Some of these may have been picked from the ground and may contain eggs of worms.

- Children sometimes play on the ground and may eat the soil as they play. Soil may contain worm eggs.

- Sometimes the vegetables and fruits that we feed the children may contain worm eggs if they are not properly washed or cooked.

- Some worms are found in the soil and may get Into the skin if the children walk bare feet.

Problems caused by worms

Once the eggs are taken in by the child or enter the skin they will hatch and become worms. The worms then start feeding on the food the child eats and may cause the following problems:

- The child may stop growing well because the worms take away most of the food the child eats.
- The child may also have less blood.
- The child may experience persistent diarrhea and stomach pains.
- School children may easily experience tiredness. This may affect their school performance.
- The child may become seriously ill, because when the worms become too many, they may block the intestines and the child cannot pass stool.
- Sometimes the child can vomit worms and they can block the throat. The child may fail to breath and may die.

What parents can do

- Take all your children aged 1 year to 5 years to the nearest health centre to receive worm medicines.
- For pre-school children, find out from the school what programmes they have for de-worming and ensure that your children are given the medicine for worms.

- The worm medicines will kill the worms and help your child grow strong and healthy.
- Always ensure that children wash hands before touching food and after using the toilet.