

## How to prevent and manage worm infestation?



Bath daily and wear clean clothes



Always use a toilet



Always wear footwear when you go out of the house.



Keep your surroundings clean



Wash all food and fruits with clean water before using them



Cover your food and protect from flies



Always use clean and safe drinking water



Always keep your nails short and clean

## Use safe, effective, and free methods for prevention of worm infestation

- The presence or absence of anemia can be confirmed by a blood test.
- If you see the signs and symptoms of anemia, it is important to get tested.
- Check at the Test, Treat and Talk Camp or check at the PHC.

## Clean Hands - Protects from Infection

Handwashing prevents worm infestation which can lead to anemia



## When to wash



After using the toilet



After cleaning a baby



After cleaning and feeding animals



After touching garbage



After blowing your nose, coughing, sneezing



After doing any cleaning work



Before touching, cooking and serving food.



Before feeding a child

## How to wash

To wash hands the correct way, follow the 8 steps of handwashing.

It takes about 40-60 seconds to wash hands the proper way.



Wet hands with water and apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over left dorsum with interlaced fingers and vice versa



Palm to palm with fingers interlaced



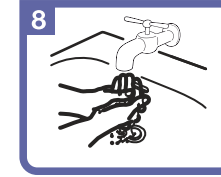
Backs of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water and dry hands thoroughly

## Know your Albendazole tablet

- Albendazole is a medicine used to control parasitic intestinal worms
- Albendazole tablets (400 mg) should be taken once every six months to prevent and treat helminthic infection (stomach worms) in the body.
- Albendazole tablets are safe to use and do not require any test to start this medicine.
- Side effects such as nausea, mild stomach pain, vomiting, diarrhea, and fatigue may occur in some people, especially those with heavy worm infestation.
- These side effects last only for a short time and usually do not require treatment.
- Albendazole tablets are given free of cost in all schools and Anganwadi centres.

## Checklist

- IFA tablet is a supplement and is safe to take.
- IFA tablet for adolescents is blue coloured and is available free of cost for school students between 11 to 19 years.
- For out of school girls IFA tablet is available at the Anganwadi Centre.
- Take the IFA tablet with a full glass of water.
- Do not take the IFA tablet with milk.
- Do not cut, chew or powder the tablet. Swallow it whole.
- Albendazole tablets are taken for preventing and treating worm infestation.
- Albendazole is taken at a six monthly interval.
- The Albendazole tablet is provided free of cost to all school children during the National Deworming Day.
- Wash hands with soap and water before eating food.
- Use a toilet.
- Protect your food and water from contamination



An easy remedy to prevent Anemia Iron tablet every week, Albendazole tablet every six months.

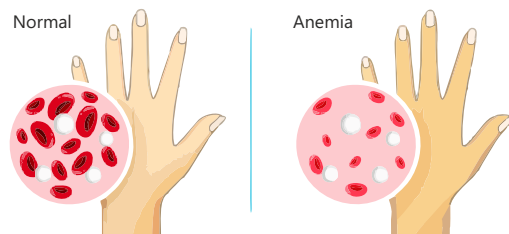


Come let's learn more about IFA and Albendazole tablets



## What is Anemia?

Anemia is a condition that develops when blood produces a lower-than-normal amount of healthy red blood cells. If you have anemia, the body does not get enough oxygen-rich blood.



## What happens if there is anemia?

The lack of oxygen can make you feel tired or weak. You may also have shortness of breath, dizziness, headaches, or an irregular heartbeat. You will have pale skin, nails and hands. Cold feet, hair fall are also symptoms of anemia.



## Why talk of anemia in adolescents

Adolescence is a period when there is rapid physical and cognitive growth in children. Anemia caused by deficiency of iron in the blood can hinder the physical and cognitive development of adolescents in the age group 10 to 19 years. If anemia is not treated, it can affect the future development and growth in children. Anemia can be easily prevented.



## Prevention of Anemia (Benefits of IFA supplement)

**Iron and folic acid are important micronutrients that:**

- Help in physical growth and development
- Help in increasing blood volume
- Help in the growth of new cells and
- Help in compensating blood loss during menstruation in girls.



- Remember and take one blue IFA tablet every week
- IFA tablet prevents and manages loss of blood

## How to take IFA

- Take the tablet on the scheduled day every week under the supervision of the teacher/ASHA worker
- Do not take the tablet on an empty stomach (The tablet should be swallowed with clean drinking water one hour after a meal.)
- Do not break, chew or powder the tablet. Swallow it whole with a glass of water.
- Do not take the tablet with milk. Do not take calcium tablets along with IFA tablets.
- Avoid tea/coffee/milk one hour before and after taking IFA tablets, as it reduces iron absorption by the body.

## Minor side effects that you may have on taking IFA

- It is normal to have constipation, stomach cramps, black stool or nausea after taking IFA.
- The effects are temporary and they go away as the body adjusts to the tablet.
- If the symptoms persist visit the nearest health center or contact the nearest ANM or ASHA.

## IFA Program in Schools

IFA is given in schools under the Weekly IFA supplementation through the Ministry of Health and Family Welfare, Government of India.

IFA prevents severe anemia among adolescents and controls its spread

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## Know your IFA supplement

- The IFA tablet is not a medicine. It is a supplement that supplies iron and folic acid in the body.
- The weekly IFA is given to prevent anemia in adolescents. There is no need to screen the adolescent.
- One tablet of IFA contains 60 mg of elemental iron and 500 mcg of folic acid. This dose is given on a fixed day of the week all the 52 weeks in a year.
- The dosage of IFA is determined according to age. That is why the color of the pill given to adolescents is blue and that of IFA given to pregnant women is red. IFA is given to small children (6 months to 5



menstrual cycle.

- IFA does not cause irregular periods. It helps young girls have healthy skin, hair and nails.
- For treatment of anemia, one should contact the nearest public health centre or ANM or ASHA as soon as possible.

## Freedom from Intestinal worms infestation guarantees a healthy life

### What are Parasitic Intestinal Worms?

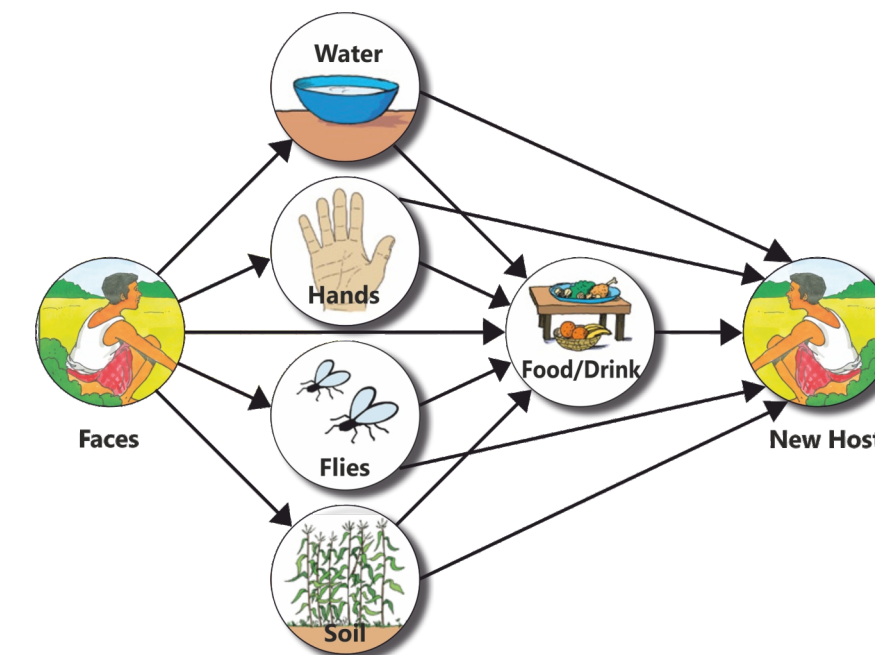
Soil transmitted worms are a great public health concern in India. Parasitic intestinal worms have a detrimental effect on the physical growth – anemia, undernutrition and cognitive development. Children with high worm load become too sick and too tired to attend school.

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### How are worms transmitted?

Soil transmitted worms are a great public health concern in India. Parasitic intestinal worms have a detrimental effect on the physical growth – anemia, undernutrition and cognitive development. Children with high worm load become too sick and too tired to attend school.



### Worms are transmitted from soil and contaminated water and food.

- When we do not wash our hands with soap and water the eggs of worms or the larve which are present in the soil may have got into the dirt on our hands or under the nails.
- When we eat food, these enter our system and then mature and cause harm to the host body.
- When we walk bare feet, worms can enter the blood system through cracks in the feet.
- If we eat food that has been uncovered, flies which settle on the food carry the eggs on their legs. These are deposited on the food or water through which they enter the human body.