

## **WORMS (SIMPLER VERSION)**

**Knowledge Attitude Practice** After working through this lesson, participants will be able to

1. Describe different types of worm infections.
2. Tell how worm infections are spread.
3. List ways to prevent worm infections

**Overview** This is a less complex version of the *Worms* lesson. This series of lessons is based on the *Health Education Program for Developing Communities*, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health picture books on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens.

**Materials** *Collect these items before beginning the lesson:*

- Poster-size paper, markers, and masking tape
- Role Play
- *Worms* picture book
- Handouts:
  - *What are some symptoms of worm infections?*
  - *How do worm infections spread?*
  - *Preventing worm infections*

### **LESSON**

60 minutes

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#### **Role Play:** (5 minutes)

*Instruction:* Two mothers are talking.

1<sup>st</sup>: I think my child has worms!  
2<sup>nd</sup>: How do you know that?  
1<sup>st</sup>: She has a stomachache. And she is always tired.  
2<sup>nd</sup>: That could be from worms. But don't worry about it.  
1<sup>st</sup>: Why not?  
2<sup>nd</sup>: She can just take a pill to get rid of them.

Ask SH Questions:

*What did you **S**ee?*

*What was **H**appening?*

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### Worm Infections (10 minutes)

*Instructions:* Discuss as large group.

- A.** Worm infections are very common around the world. What are some symptoms caused by worm infections? Give out *Symptoms of worm infections*.
1. Many worm infections cause no symptoms.
  2. Many worms are tiny and can only be seen with a microscope
  3. Worm infections can have many types of symptoms.
  4. Some worm infections may cause a stomachache.
  5. Others cause headaches.
  6. Some worms cause difficulty breathing
  7. Others may cause poor growth.
  8. Worms can cause many different symptoms
- B.** How are infections by parasites spread? Look at the illustration, *Spread of Worm Infections*
1. Most infections are spread by contaminated soil
  2. When people don't use a bathroom or latrine, human feces (poop) containing worm eggs gets in the soil.
  3. Then some dirt is swallowed, through unwashed hands, dirty fingernails, or by eating unwashed fruits and vegetables.
  4. Hookworms penetrate the skin of the feet to get into the body.
  5. Pinworm eggs are laid on the buttocks (butt). Young children scratch their butts and often swallow the pinworm eggs.
  6. Many times, water is contaminated with parasites.
  7. Mosquitoes or insects spread other types of parasites, such as malaria.
  8. Other infections are spread from animals, by contaminated meat, fish, seafood, or plants.
- C.** Most parasite infections can be treated with medicines. Why not just take a pill to get rid of your parasites?
1. That may kill the parasites.
  2. But if the soil or water is still contaminated with parasites, they will come back.
  3. It is important to prevent parasite infections, so they don't happen again.

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### Preventing Worm Infections (20 minutes)

*Instructions:* Think again about the different types of worm infections. How could you prevent them? Show the illustration, *Preventing Worm Infections*. Divide into small groups to discuss.

- A.** Preventing worm infections
1. Always use a bathroom or latrine.
  2. Wash your hands after going to the bathroom and before cooking or eating.
  3. Wash, peel, or cook fruits and vegetables.
  4. Use a separate cutting board for meats and for vegetables.
  5. Wash your hands before and after food preparation.
  6. Don't poop outside.
  7. Stay away from contaminated soil.
  8. Always wear shoes when walking outside.
  9. Don't walk barefoot or touch the soil with your bare hands.
  10. Children should wear underpants or pajamas to bed to prevent pinworms.
  11. Keep fingernails clean and short.

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12. Wash clothes and bedding in hot water.
13. Drink only safe water.
14. Drink boiled or safe water.
15. Water may be purified by SODIS or with a filter.

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**Picture books** (5 minutes)

- A. Divide into pairs. Practice teaching each other the picture book, *Worms*.
  - B. During the week, visit your friends and neighbors to teach about worms using the picture book.
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**References:**

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

## WORMS (SIMPLER VERSION) - STARTER

Role play:

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## WORMS (SIMPLER VERSION)

WHAT ARE SOME SYMPTOMS OF WORM INFECTIONS?



HOW DO WORM INFECTIONS SPREAD?

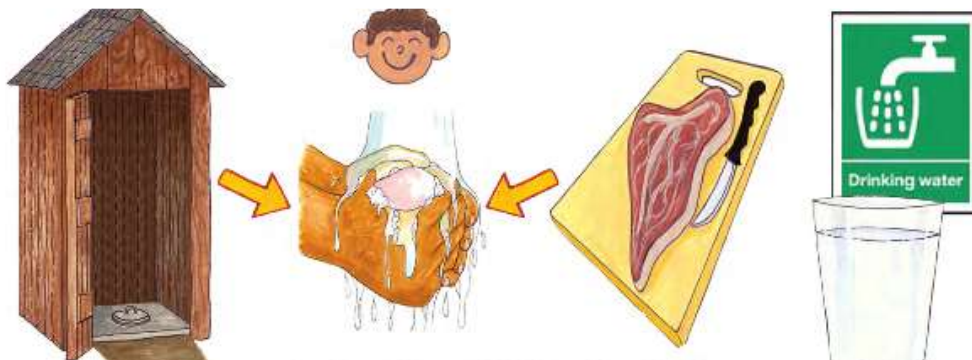
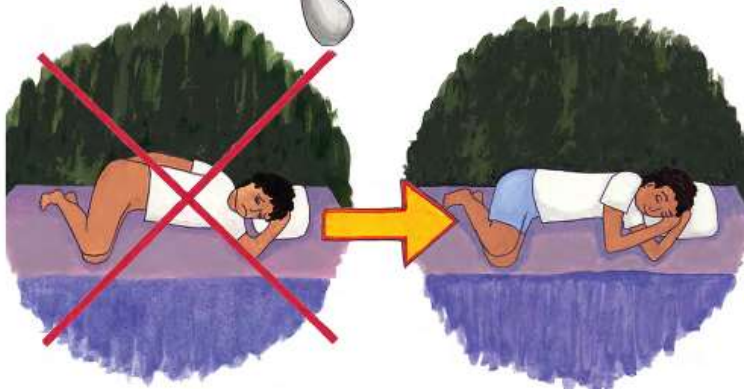
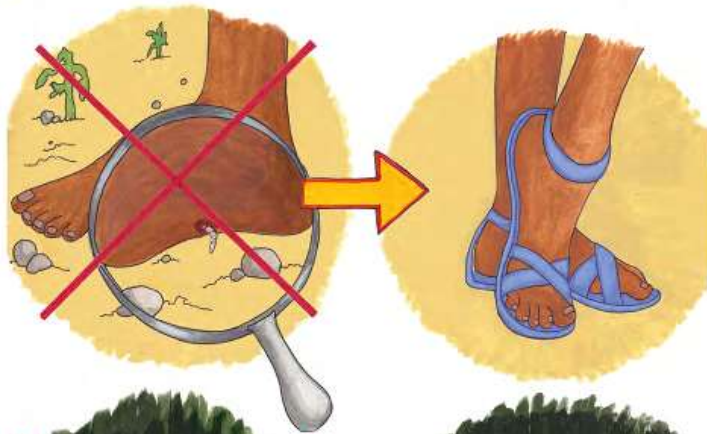
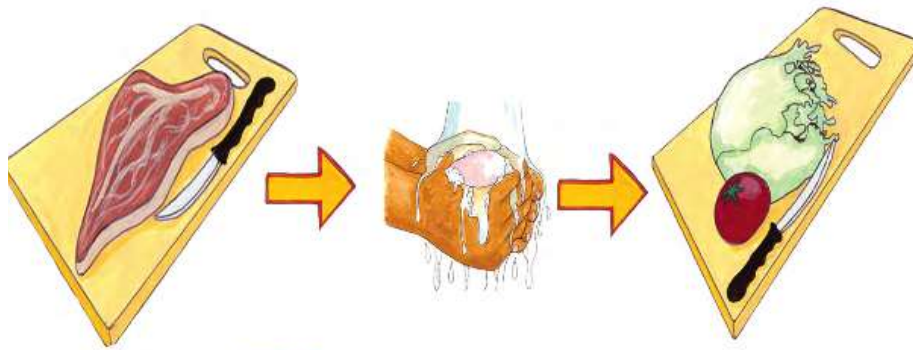


Source: HEPFDC

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## PREVENTING WORM INFECTIONS

What are some ways to prevent worm infections?



Source: HEPFDC