

Health Bulletin



Warmer Weather Means It's Pinworm Season

(NAPSA)—Surprising as it may seem, there's a highly contagious intestinal worm that infects 40 million Americans each year. It's called the pinworm. The good news is that there are things you can easily do to eliminate this annoying parasite.

The pinworm is about $\frac{1}{4}$ to $\frac{1}{2}$ inch long and exists year-round, particularly in climates that are warm and moist. The Centers for Disease Control and Prevention (CDC) says pinworm infestation is twice as likely as having head lice. Preschoolers and school-age children are particularly susceptible.

How Do You Get Pinworms

Touching or scratching the affected area transfers pinworm eggs to a person's fingers. Placing fingers in the mouth introduces eggs into the intestinal system, where they can grow to become adult pinworms.

Symptoms

Individuals who exhibit one or more of the following behaviors may have the condition:

- scratching of the perianal area
- an inability to get comfortable when sitting
- restlessness, difficulty sleeping and, for some, loss of appetite.

Treatment

Experts say the best way to eliminate pinworms is to use an over-the-counter, FDA-approved pyrantel pamoate-based medication, such as Reese's Pinworm liquid or caplets, which are effective at eliminating pinworms—often with just one dose.

Since pinworms are contagious, all family members need



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to be treated at the same time. Fortunately, dosages are based on an individual's weight. That means several family members can often be treated with a single package.

Prevention

Experts say there are several simple steps that can help to prevent an outbreak:

- bathe or shower frequently
- frequently change and wash clothes and bedding
- wash hands regularly, especially after using the bathroom and before eating
- avoid nail biting, which helps keep hands out of the mouth
- keep your home clean
- discourage touching or scratching the bare anal area.

To learn more and get coupons, visit www.ReesePharmaceutical.com or call (800) 321-7178. The products are available in many independent drugstores and most major drugstore chains.

Note to Editors: Pinworms thrive in warm and moist weather, with temperatures of 70 degrees.