



Self-care Information

Threadworms

Tips on how you can self-manage threadworms.

“Supporting you to look after your family”

Key Points:

- Wash hands and scrub under fingernails regularly particularly before eating, after using the toilet/changing nappies.
- Bathe or shower every morning.
- Keep fingernails short.
- Wash sleepwear, sheets, towels and soft toys.
- Do not share towels or flannels.
- Disinfect kitchen and bathroom surfaces.

Visit your local pharmacy for advice on treating threadworms.

What are threadworms?

Threadworms (pinworms) are tiny worms in your poo. You may also see them around your child’s bottom. They look like pieces of white thread. They're common in children and can spread easily.

Common symptoms include:

- extreme itching around the bottom or vagina, particularly at night.
- irritability and waking up during the night.

If you or your child has threadworms there’s no need to stay off nursery, school or work.

What can be done to treat threadworms?

Your local community pharmacy can help treat threadworms.

- Prescriptions are not routinely provided for treating threadworms, you can buy medicines over the counter for adults and children.
- Medicine is usually a chewable tablet or a liquid.
- You will need to treat everyone in your household, even if they don't have symptoms.
- **Ask your pharmacist which treatment to buy for a child, or if someone you need to treat is under 2 years old as some treatments are not suitable for younger children.**

Medicine kills the threadworms, but it doesn't kill the eggs. Eggs can live for up to 2 weeks outside the body.

There are things you can do to stop becoming infected again. These hygiene methods should be followed for 2 weeks if you're taking medicine, or for 6 weeks if you're not taking medicine.

You should...

- ✓ Wash hands and scrub under fingernails after using the toilet or changing nappies and especially before eating.
- ✓ Encourage children to wash hands regularly.
- ✓ Bathe or shower every morning.
- ✓ Rinse toothbrushes before using them.
- ✓ Keep fingernails short.
- ✓ Wash sleepwear, sheets, towels and soft toys.
- ✓ Disinfect kitchen and bathroom surfaces.
- ✓ Vacuum and dust with a damp cloth.
- ✓ Make sure children wear underwear at night – change it in the morning.



Try not to...

- ✗ Shake clothing or bedding, to prevent eggs landing on other surfaces.
- ✗ Share towels or flannels.
- ✗ Bite nails or suck thumbs/fingers.



When to seek advice from your GP

- You are pregnant or breastfeeding.
- Your child is under 2.

Here are some links to further information:

Look at the NHS Website: <https://www.nhs.uk/conditions/threadworms/>

For a Patient Website: <https://patient.info/skin-conditions/itchy-bottom-pruritus-ani/threadworms>

For more advice visit your local pharmacy.



Created by: NHS Nottingham and Nottinghamshire ICB Medicines Optimisation team in partnership with My Life Choices.

For more information about My Life Choices, see their [webpage on the Nottingham and Nottinghamshire ICB website](#). V1.0

