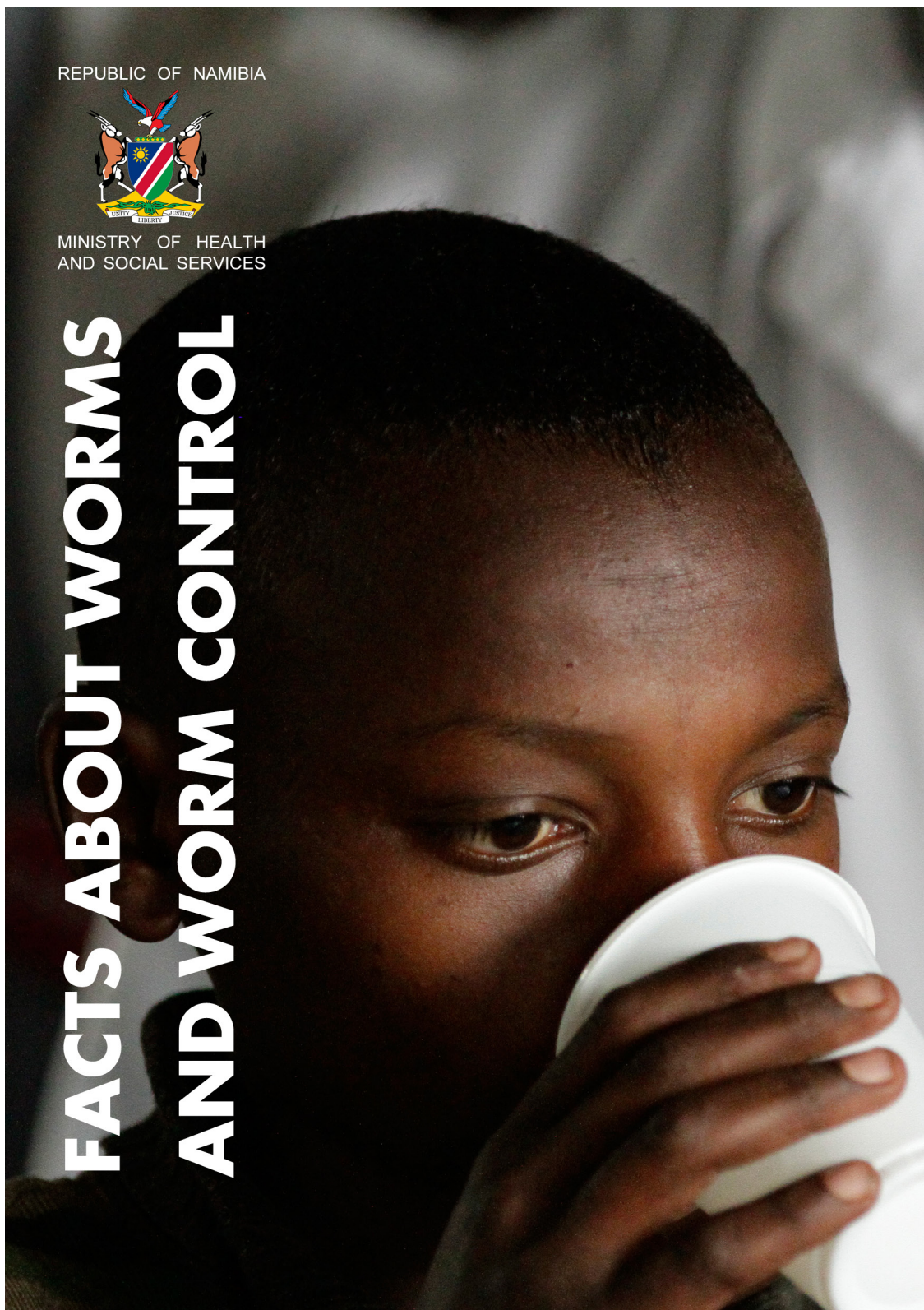


REPUBLIC OF NAMIBIA

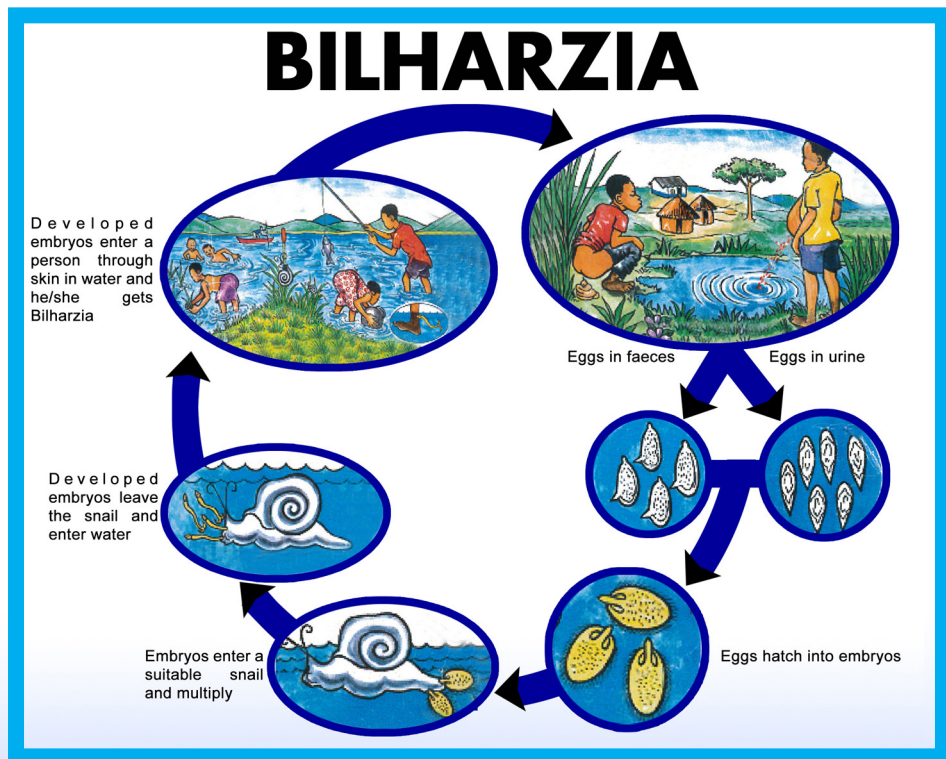


MINISTRY OF HEALTH  
AND SOCIAL SERVICES

# FACTS ABOUT WORMS AND WORM CONTROL



# TRANSMISSION CYCLE



# BILHARZIA

# BILHARZIA

## WHAT IS BILHARZIA?

It is a disease caused by a worm called schistosoma which lives in the veins of either large intestines or urinary bladder.

## HOW IS BILHARZIA SPREAD?

There are three ways that the disease has to pass through in order to spread from one person to another

- A person who already has a disease deposits schistosoma eggs in the environment by urinating on or defecating in or near a water source, these eggs hatch into larvae.
- The larvae of the parasite get into a particular type of snail which lives in water. Inside the snail the larvae will divide into many tiny parasites that will find their way out of the snail and swim freely in the water.
- If any person comes into contact with water that has these small parasites they will enter the skin than into his/her blood and cause the disease.

## RISKY BEHAVIOUR?

You can get Bilharzia (Schistosomiasis) through contact with infected fresh water, rivers and dams. Use of the of infected water, for washing clothes or yourself, fishing, swimming or wadding, may cause Bilharzia infection



# BILHARZIA



# INTESTINAL WORMS

## WHAT IS WORM INFECTION?

Worm infection is a condition where by a person has worms in her/his body. It is a common chronic parasite infection of man especially among the poorest of the poorest.

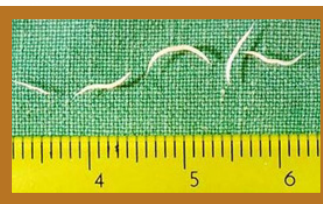
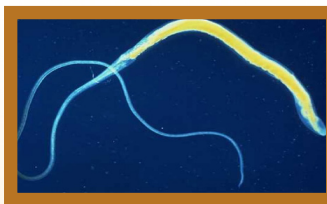
## WHAT CAUSES WORM INFECTION?

It is caused by worms themselves. The worm eggs are taken in through contaminated food or through dirty hands or through entering of the skin by larvae especially through the bare feet.

They mature into worms in intestines and produce eggs in the human body. The eggs are disposed in feces in the environment, the eggs are then taken in through contaminated food or dirty hands to repeat the cycle (Roundworms, Whipworms) or the eggs hatch in the soil into larvae and the infective larvae penetrate through the feet and a person gets the worms (Hookworms).

## WHAT ARE THE SIGNS AND SYMPTOMS?

- Abdominal Pain
- Diarrhoea
- Malnutrition
- Anemia



**Clockwise  
from left**



Whipworm  
Pinworm  
Hookworm  
Roundworm

# WORMS

## **WHAT ARE THE SIGNS AND SYMPTOMS?**

- Pain in the lower abdomen
- Blood in the urine, especially in the last few drops
- Diarrhoea
- Slow loss of body weight
- Enlarged abdomen (ascites)
- Paleness (Anaemia)
- Mild to high fever
- Malaise

Bilharzia infection can be detected in the hospital and effectively treated by drugs. Highly effective, safe and easily administered drugs are available for treatment.

## **BILHARZIA PREVENTION/CONTROL**

- Proper use of latrine and proper disposal of human waste
- Treatment of those People who already have the parasite in their body.
- Provide safe water sources for drinking, bathing and washing clothes.
- Erecting latrines in every home and other social center like fish landing villages and use them properly.
- Water from unprotected sources should be boiled before use
- Avoid swimming in swamps, river, dams and lakes.



# **BILHARZIA**

- Itching of Anus and/ or skin (Pinworms)
- Passing worms in stool/vomiting
- Intestinal obstruction (Round worms)
- Weakness and Tiredness

## **INTESTINAL WORM PREVENTION/CONTROL**

- Always wear shoes if possible
- Build and use latrines
- Wash your hands after defecating
- Wash your hands before eating
- Cut finger nails short and keep them clean
- Wash salads and fruits before you eat them
- Cover your food properly to avoid contamination from flies, cockroaches, dust etc.
- Take deworming drugs at least once every 6 month.

## **EFFECTS OF INTESTINAL WORMS**

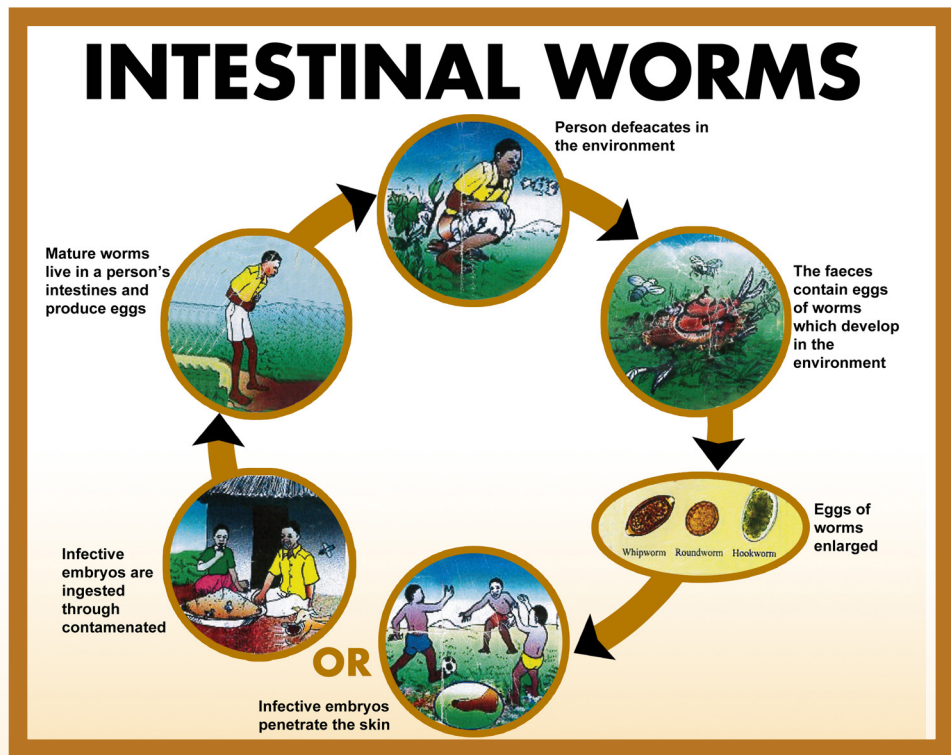
Pregnant women and children infected by intestinal worms have an increased risk of iron deficiency anaemia. Adverse effects on fetus may lead to premature birth and underweight infants. In children, worms lead to malnutrition, increased vulnerability to other infections and diseased mental capacity as well as growth retardation. Worm infections limit physical activity.

In adults, level of productivity are crippled causing a lot of economic burden on affected communities especially where labor intensive work such as farming or fishing are the main source of family income.



# WORMS

# TRANSMISSION CYCLE



# WORMS

## **REPUBLIC OF NAMIBIA**



## **MINISTRY OF HEALTH AND SOCIAL SERVICES**

Directorate Primary Health Care  
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If you want to know more about Intestinal Worms and Bilharzia

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