



# ABBOT'S LEA SCHOOL

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Dear Families

## Ref: Information About Threadworms

Dear Families,

We are writing to provide you with important information about **threadworms** (also known as **pinworms**), which are common in school-aged children. While they are not dangerous, they can cause discomfort and easily spread if not treated promptly.

We currently have **two confirmed cases of threadworms** and want to ensure all families are informed so that appropriate steps can be taken to help prevent further spread.

### What are threadworms?

Threadworms are small, white, thread-like worms that live in the human intestine. They are very common, particularly among children, and are usually passed through poor hand hygiene.

### Signs and symptoms

- Itching around the bottom, especially at night
- Disturbed sleep or irritability
- Occasionally, worms may be seen in stools or around the anus (they look like tiny white threads)

### How do they spread?

Threadworm eggs are laid around the anus and can easily transfer to hands, bedding, clothing, and surfaces. From there, they can be picked up by others and accidentally swallowed, continuing the cycle.

### What to do if your child is affected

- **Speak to your pharmacist or GP** – Treatment is available over the counter and is very effective.
- **Treat the whole household** – Even if only one person has symptoms, everyone should be treated to prevent reinfection.
- **Maintain good hygiene** – Washing hands regularly, especially before eating and after using the toilet, is essential.

### Hygiene tips to help stop the spread

- Wash hands and scrub under nails often with soap and warm water.
- Bathe daily and wear clean underwear every morning.
- Keep fingernails short and discourage nail biting or finger-sucking.
- Wash bed linen, towels, and sleepwear frequently.

We understand this can be an uncomfortable topic, but please be assured that threadworms are very common in children and can be treated easily with the right care. Your support in maintaining good hygiene and seeking timely treatment is greatly appreciated.

If you have any questions, please feel free to contact the school office or your healthcare provider.

Yours sincerely



Mrs E Kelly  
PA to Headteacher and Clerk to Governors