

# Ghyllside Primary School

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18<sup>th</sup> March 2019

Dear Parents/Carers

Unfortunately we have been made aware that there are cases of threadworms in various classes throughout the school. From time to time these outbreaks occur in school and we need everyone's help to eradicate the problem and prevent further outbreaks. The threadworms appear like tiny snippets of white cotton about 1cm long. If your child is infected the place to look for threadworms is around the anus or in the stools. The most common signs or symptoms are:

- Itchiness and scratching around the bottom that is usually more intense at night.
- Disturbed sleep, irritability or change in appetite.
- Urinary problems such as bedwetting.

Treatment is very simple and is available from the pharmacy or your own doctor. It is important to follow strict hygiene measures to reduce the likelihood of re-infection. The life span of threadworms is approximately six weeks, so it is necessary to maintain measures for at least this long. Please read the NHS guidance below:

- **Wash all night clothes, bed linen, towels and soft toys as soon as there is a diagnosis.** This can be done at normal temperatures but make sure that the washing is well rinsed.
- **Carefully clean the bathroom and kitchen by damp-dusting surfaces and washing the cloth frequently in hot water.** This should be repeated regularly.
- **Avoid shaking any material that may be contaminated with eggs, such as clothing or bed sheets.** This will help prevent eggs being transferred to other surfaces.
- **Keep fingernails short.** Encourage other members of the household to do the same.
- **Discourage nail-biting and sucking fingers.** In particular, make sure that children don't suck their thumb.
- **Wash hands frequently and scrub under fingernails.** Particularly before eating and after going to the toilet.
- **Wear close-fitting underwear at night and change underwear every morning.**
- **Bath or shower regularly.** Particularly first thing in the morning
- **Ensure everyone in the household has their own face flannel and towel.** Don't share towels.
- **Keep toothbrushes in a closed cupboard and rinse them thoroughly before use.**

Thank you for your co-operation.

Yours sincerely



Huw Davies  
Headteacher

