

## Guidelines for De-worming of Young Children

### Background:

Preschool children aged 1 to 5 years are often infested with intestinal worms. Worms aggravate malnutrition, anemia and stunting levels and retard both physical and cognitive development. This has been a problem of children in Assam too. The common types of worms are round worms, hook worms and whip worms.

Treating children for worms are one of the simplest and cost effective interventions for improving child's health.

Keeping in view the problem of worm infestation of children in Assam it has been decided to conduct two rounds of De-worming every year in the month of March and September. The first round will be conducted during March' 2010. On every Wednesday (VHND /Immunization Day) medicine for De-worming will be given to all children between the age group 1 to 5 years along with vitamin A supplementation.

### De-worming drug:

De- worming drugs to be used during the Round is Albendazole tablet 400 mg and Albendazole syrup 10 ml. bottle (containing 400mg. Albendazole).

### Doses of Drug:

**12 to 23 months: Albendazole syrup 5 ml (half of 10ml bottle), single dose.**

**24 to 36 months: Albendazole syrup 10 ml-(one bottle) Single dose**

**37 to 60 months: Albendazole tablet 400 mg- 1 Tablet-Single dose.**

### Administration of De-worming drug:

1. The De-worming drug Albendazole is safe and simple to administer.
2. **The tablet will have to be crushed (repeat crushed) between two spoons, then mixed with drinking water** and given to the child. **Do not administer the tablet without crushing and mixing with drinking water.**
3. **No child below the age of 1 year should be given De-worming tablet /syrup.**
4. **Never force a child to take De-worming tablet/ syrup.** Gently coax the child to swallow the crushed tablet/syrup or offer it as a sweet. If the child is still uncooperative, let the child pass without treatment. He /she will have another chance next time.
5. **Avoid administering De-worming tablet/syrup to a sick child.** He/ She can be covered in the next round.
6. All Health/ Para-health workers administering the De-worming tablet/ syrup will have to be trained. The training should include **how to crush the tablet and mix with water and what should be done if the child chokes** while taking De-worming tablet/syrup.

