

Safe from Worms





Meena is a little girl who lives in a village with her parents, her grandmother, her brother Raju, and her baby sister, Rani. Mithu, the parrot, is her best friend.

In many ways, Meena is like any other little girl you know. She is friendly but is not afraid to ask questions.

Share in Meena's adventures as she laughs, climbs trees, asks questions and solves problems, and shows you all the things that a little girl can do.

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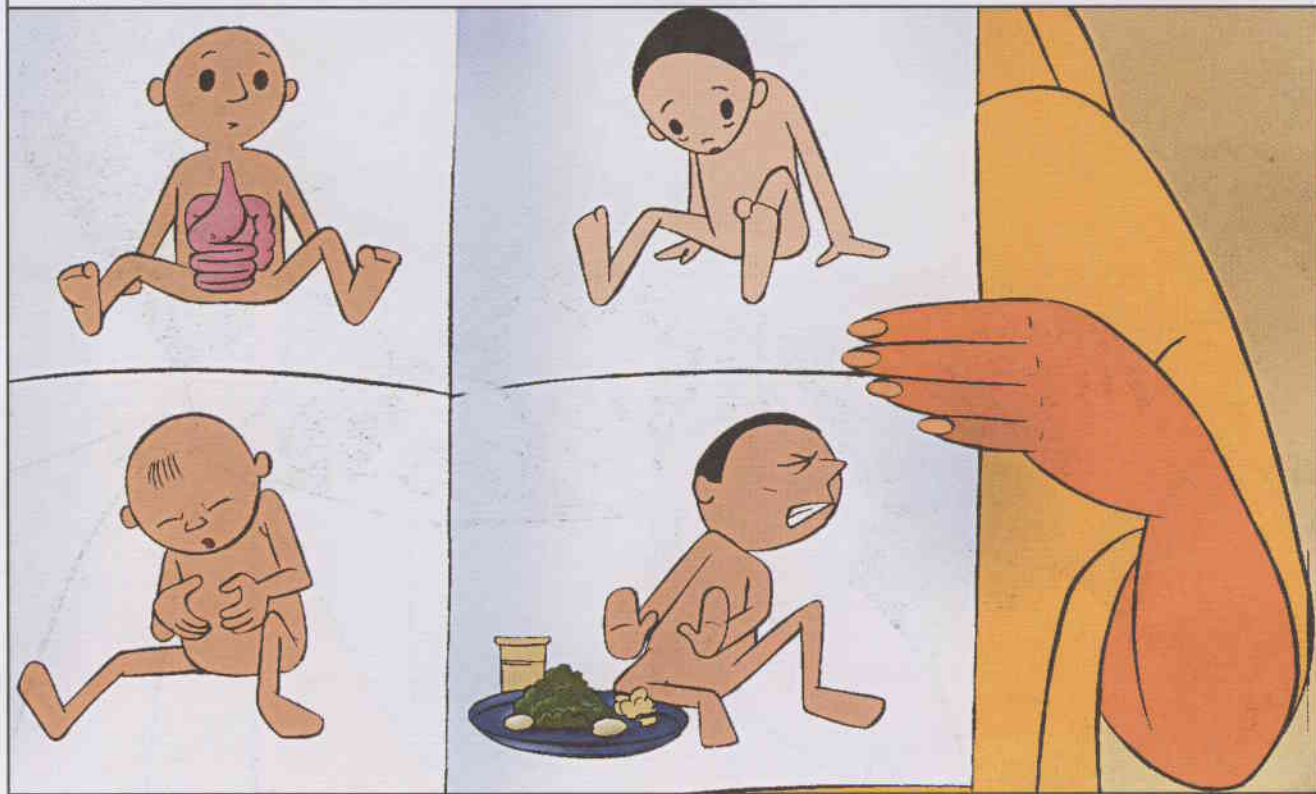
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Produced with support from The Government of Norway

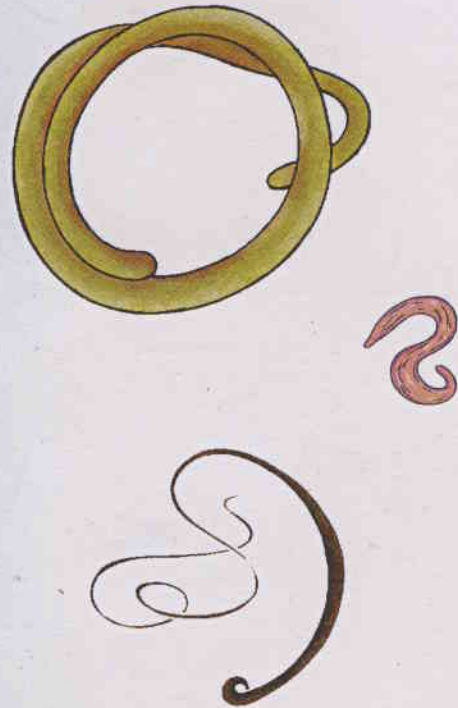
Teacher was taking a very interesting lesson. It was on WORMS!



Did you know that millions of people in our country have worms in their bodies? These worms make people very sick with anaemia, stomach ache and loss of appetite.



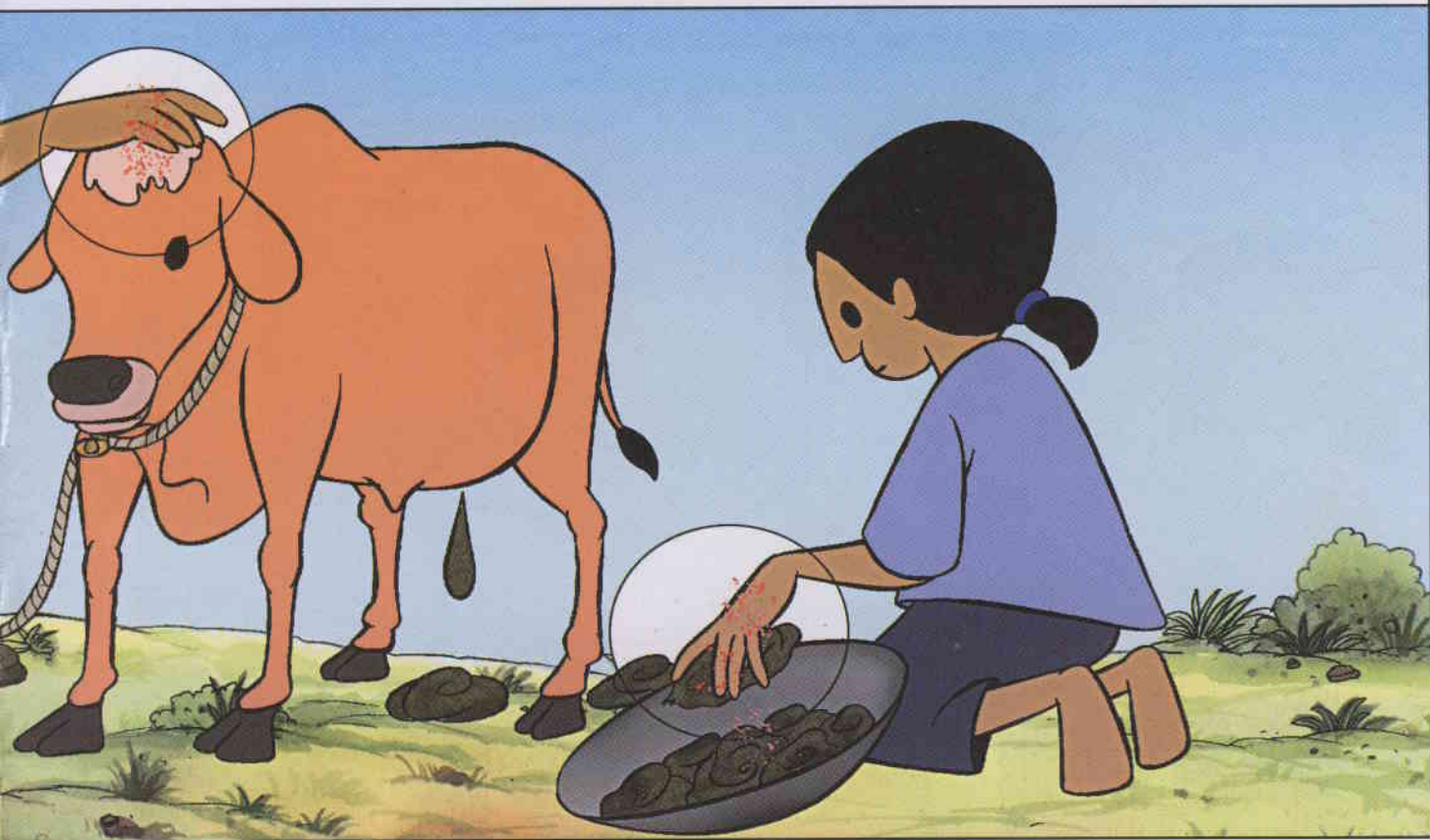
Here are pictures of different types of worms.



Worms enter our bodies as eggs that are too small to be easily seen. We pick them up



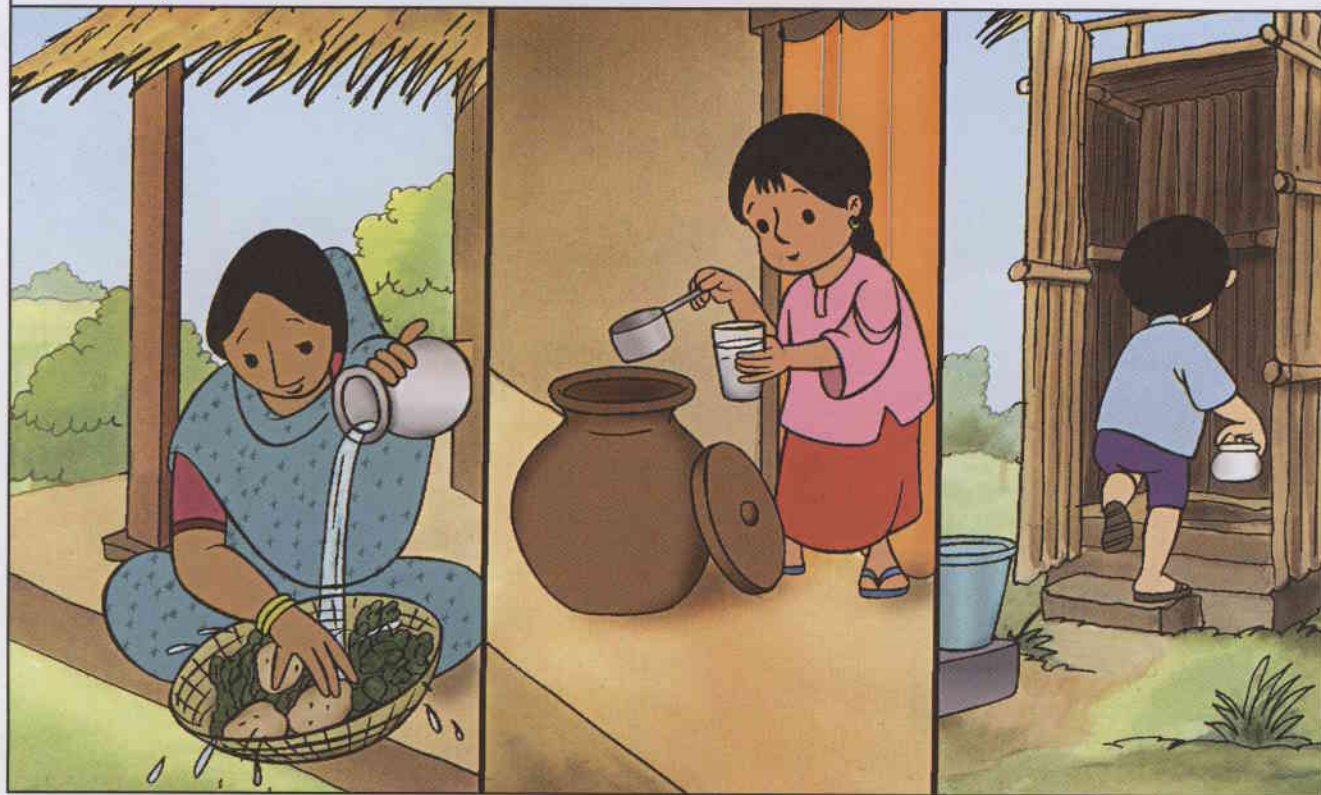
from the soil and from other people, animals and things.



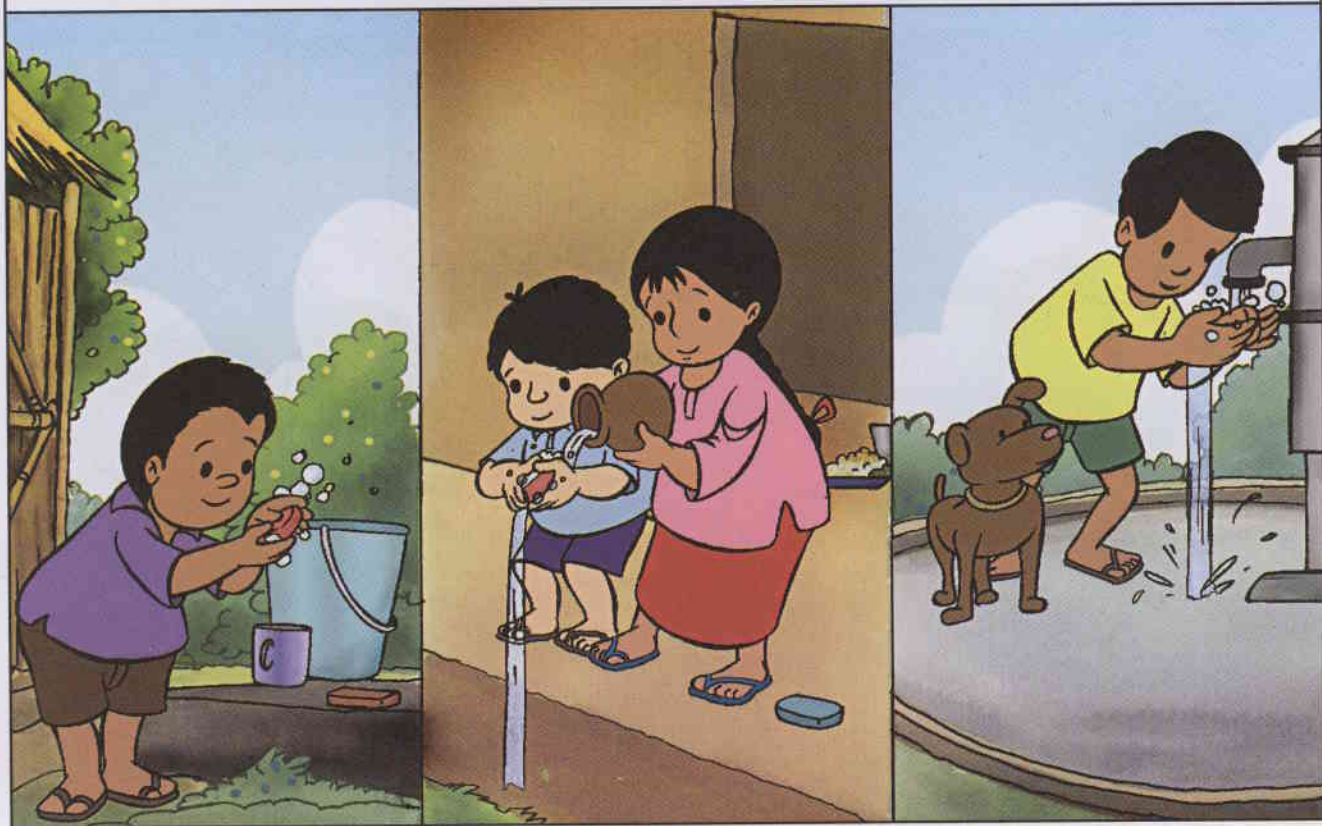
Teacher said that if we are worried that we may have worms, it is important for the entire family to go to the health centre. They would tell us what to do.



The best way to stay safe from worms is by following these simple rules: wash and scrub vegetables and fruits before eating; drink only safe water and use a sanitary latrine.



Also remember to scrub hands after using the latrine ... before eating ... and after playing with animals or birds.



And, always wear slippers!



We are not scared of worms anymore. We know how to deal with them.

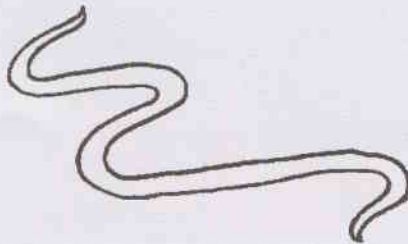


WORM FACTS!



This is the mouth of a hookworm.
Hookworms attach themselves to the
intestines and drink blood.

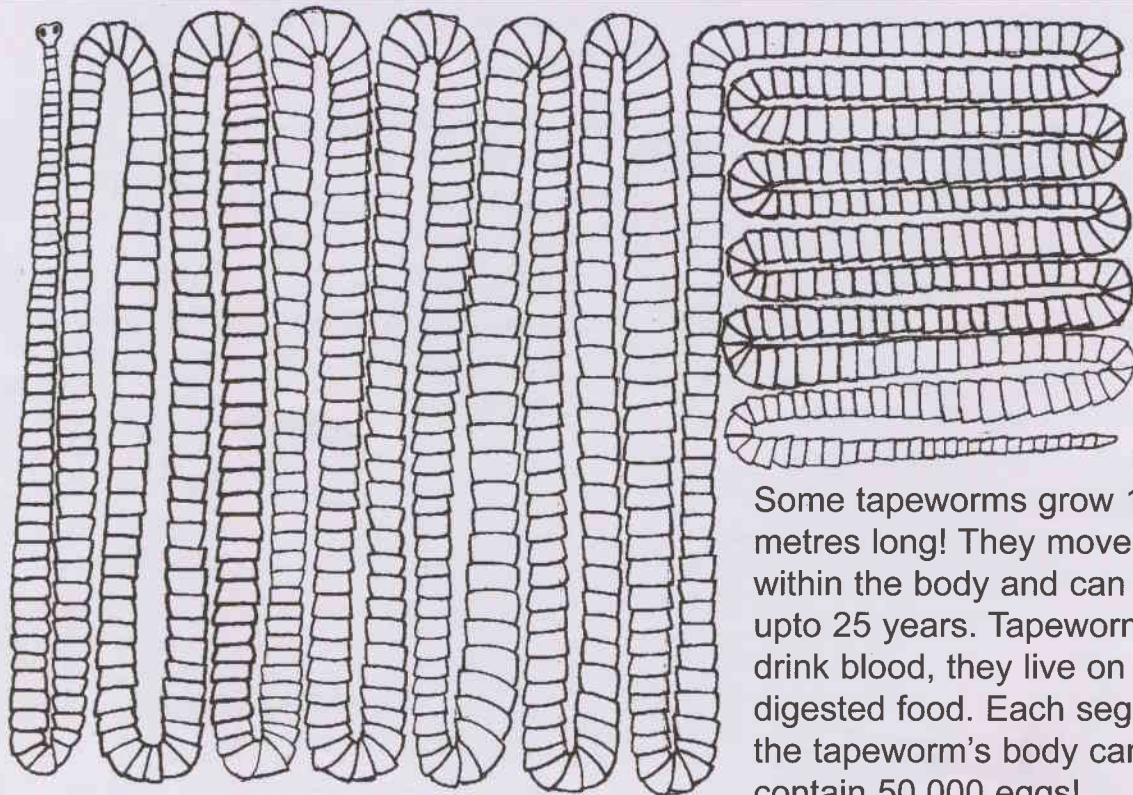
Five hookworms can drink
1 teaspoonful of blood a day.
Can you imagine the weakness and
loss of blood in someone with
100 hookworms in the body?



Pin worms live in the
intestines too.
They cause itching or
tickling in the anal area,
mainly at night,
because that is when
they come out
to lay eggs.



Roundworms are
very common in people.
The female roundworm can grow
18 inches long and she can lay
2 lakh eggs EACH DAY!



Some tapeworms grow 10 metres long! They move about within the body and can live for upto 25 years. Tapeworms don't drink blood, they live on digested food. Each segment in the tapeworm's body can contain 50,000 eggs! How long is this tapeworm? Measure it and find out.

Now you know
why it is
so important
to stay safe
from worms!



No worms!
No worms!

Other titles in this series

1. Count Your Chickens
2. Dividing the Mango
3. Will Meena Leave School?
4. Who's Afraid of the Bully?
5. Saving a Life
6. Meena's Three Wishes
7. Say No to Dowry
8. Too Young to Marry
9. Take Care of Girls
10. I Love School
11. It's Got to Be a Boy!
12. Meena in the City
13. A Girls' Story
14. Learning to Love
15. Strangers in the Village
16. Reaching Out
17. Meena and Her Friend
18. It Could Happen to Anyone
19. The Girls Came Back
20. When Meena was Born
21. When Meena was a Little Girl
22. Seeing in the Dark
23. Health in your Hands

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*** Meena Educational Package**

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