

# Stay Informed, Stay Connected

An SRPMIC Public Service Announcement  
**PINWORMS AT THE SALT RIVER**



## *Protect yourself and your family*

### **1. Try not to swallow the water.**

Besides parasites, the water may contain bacteria that can make you ill if you ingest too much.

### **2. Wash your hands thoroughly with soap after playing in the water and especially before eating.**

### **3. Try to recreate in areas where the water is flowing**

Parasites are more likely to be found in the extreme shallows, and where water is very slow moving or not moving at all.



## *Pinworms*

Pinworms, also called threadworms, are tiny parasitic worms that can live in your digestive tract.

They are not harmful, but can cause a very uncomfortable itch, and are highly contagious.

Pinworms can be spread from putting something into your mouth, like your fingers, where eggs might be present, or from swallowing contaminated water.

If you think you or someone in your household is infected, you can treat it with an over-the-counter medication found at your local pharmacy or call your doctor.

The purpose of this announcement is not to scare you or prohibit you from enjoying the river but is simply to make you aware of risks you may encounter.