

Preventing Pinworm Infection

By T. Lee Brown
Correspondent

While science is beginning to realize that not all parasites are bad, most folks would rather not live with a pinworm infection. Yet some estimates hold that a whopping 20-40 percent of the population carries them — some without realizing it.

“This is a very common infection,” Beth Hummel, R.N., told *The Nugget*. “I’m positive I’m going to see more cases.”

Pinworms do not observe class differences. They occur in clean households and cluttered ones, in the homes and schools of the rich and poor.

“It’s everybody,” Hummel said. “There is no class, if you will, that’s more prone to it. Elementary schools and daycares are the most common places you see them in kids.”

She noted a common misunderstanding: “People think they get pinworms with their dogs or cats. Humans are the only reservoir for pinworms.”

Hummel’s number-one recommendation for avoiding infection is hand hygiene.

“It’s important to understand that hand sanitizer is not effective,” she said. “It has to be soap and hot water.”

Hands should be washed after using the bathroom, before eating, and before preparing food, and after “accidentally scratching the anal area,” at a minimum. She recommends using the hottest water you can.

Eggs are often spread by getting under the fingernails. “Use a nail brush,” she advised those who suspect they might be exposed. “Keeping the fingernails short would help, too.” Avoid nail-biting.

“Little kids are just terrible about hand-washing and putting their hands in their



PHOTO BY T.L. BROWN

Good old-fashioned soap and hot water are the first line of defense against infection — not antibacterial gel.

pants,” observed Hummel, who works with schoolchildren. “Kids usually have longer nails, and if it itches they’re going to scratch it. They don’t really care that people are watching them.”

Those who are infected should see a doctor, then take medicine as prescribed or advised. Then shower first thing every morning.

“If you’ve been resting at night, that’s when the pinworms start to come out—in the morning,” she explained.

Hummel specified showers over baths: “Bathing can just spread them.”

Changing clothes every morning helps, according to Hummel. She also recommends washing clothing, towels, and underclothes every day in the hottest water.

“Hot water is the key.”

After pinworm treatment, many sources recommend re-washing all household linens and clothing in hot water and aggressively disinfecting all surfaces and objects for at least three weeks.

Bleach, strong vinegar, oxygen bleach, thymol (from thyme oil), and Lysol are considered true disinfectants—regular “multi-surface cleaners” or deodorizers won’t get the job done.

Disinfectant should be

left on the suspected surface or object according to instructions. Wiping it off is not recommended. Some disinfectants may cause respiratory and other health problems; proceed with caution.

The process may be repeated after a second dose of medication if recommended by the patient’s doctor, usually at the two-week mark.

Homegrown remedies like garlic and pumpkin seeds have not been proved effective. However, natural measures such as attending to hygiene and “gut health” can help prevent a pinworm exposure from turning into a full infection.

A short Australian YouTube video showing the pinworm’s life cycle may be interesting to adults, and help convince children to wash their hands thoroughly. It can be found at tinyurl.com/nugget-pinworms.

Outlaws lacrosse claims victory over Corvallis

By Rongi Yost
Correspondent

The Outlaws posted a 15-5 road win at Corvallis on Thursday, April 4. Since the boys were still on spring break, the team left early and took a guided tour of the OSU campus in the afternoon.

Teams played in heavy rain until midway through the contest, and then the rain finally stopped. Sisters jumped out with a quick lead and never looked back.

Sisters was up 4-1 at the close of the first quarter, and by the half had extended their lead to 7-3. Corvallis was held to just two points in the final half, while the Outlaws tacked on eight more goals to win the game by 10.

Gator Haken and Trey Stadel were scoring machines, scoring five goals each for the Outlaws. They also had one assist each.

Coach Paul Patton said, “Gator and Trey both have superb individual skills that allow them to get shots. But, they also have a good understanding of the teamwork aspects of the game, and the ability to work together and with the younger players to create scoring opportunities for everyone.”

Evan Palmer and Matt Harris contributed two goals each. Evan also had one assist and Matt led the team with nine ground balls.

Ricky Huffman scored one goal and had one assist, and Anthony Randolph had eight saves in the goal.

The Outlaws won the ground ball stat, grabbing 33 compared to Corvallis’ 22. Tanner Pease was a big help on face-offs and won close to 50 percent. Titan Kroytz had a great defensive game, and blocked four shots with his body.

Austin Ekern played a great game at long-stick middle, and Ethan Manuel was solid on the offensive end, and helped the Outlaws win the possession battle at critical moments.

Patton also noted freshmen midfielders Riley Sellers, Wyatt Maffey, Gaven Henry, and Max Palanuk, who he stated are continuing to make huge strides of improvement.

The Outlaws were scheduled to play on Tuesday, April 9, against Ridgeview in their first home game of the season. They will play at home on Friday against South Salem.



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