

LET'S BREAK THE PORK TAPEWORM CYCLE

with these 6 easy steps ➡ ➡ ➡

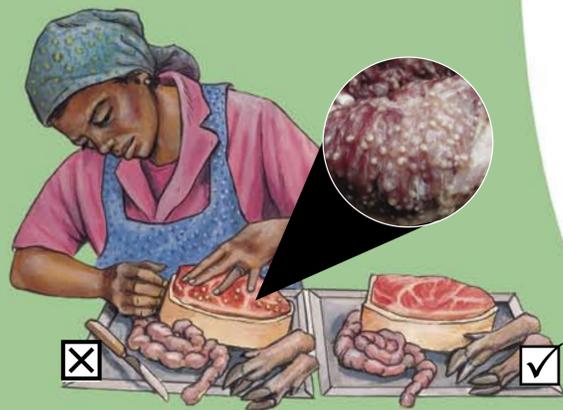
6. Cook meat well.

It is better to be safe than sorry. Pork must be cooked thoroughly so that there is no pink meat and no blood running out. This will kill any tapeworm cysts and prevent infection.



5. Check meat is safe.

Check meat carefully to make sure there are no cysts. Meat with cysts should not be eaten or sold.



4. Stop pigs from roaming.

Keep your pigs in a kraal or tied to a stake, so that they can't eat human faeces containing tapeworm eggs.

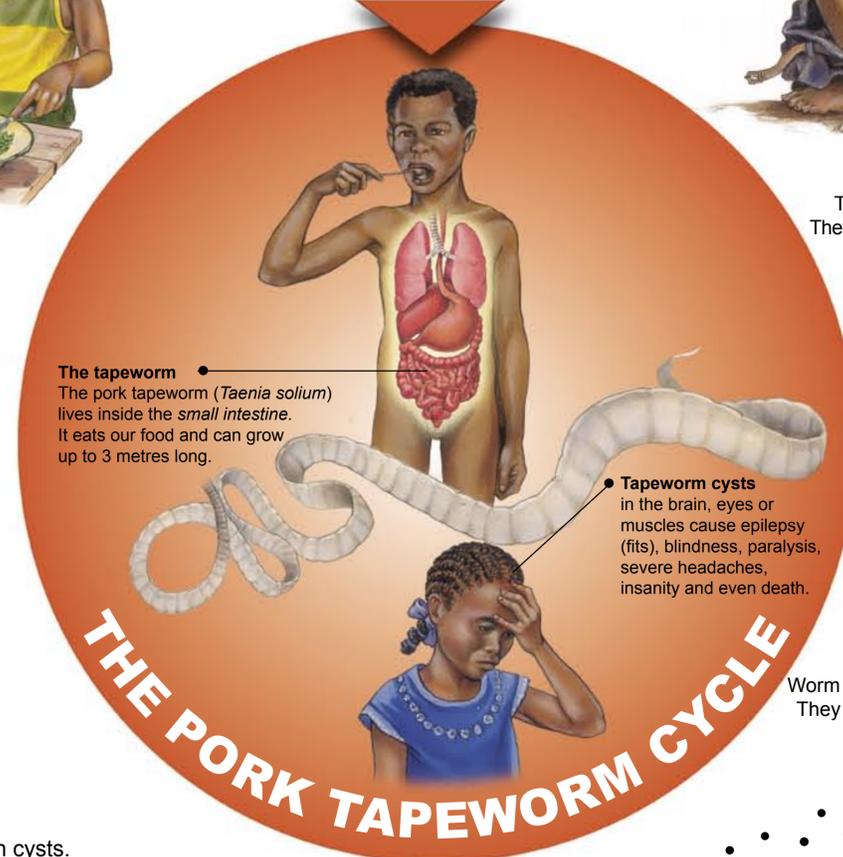


People get tapeworms when they eat the cysts in undercooked meat.



Pork infected with cysts. The eggs grow into cysts and can be found in infected meat.

This child has a tapeworm growing inside him.



Pigs get infected. Free-range pigs get infected by eating human faeces containing tapeworm eggs.

1. Always use a toilet.

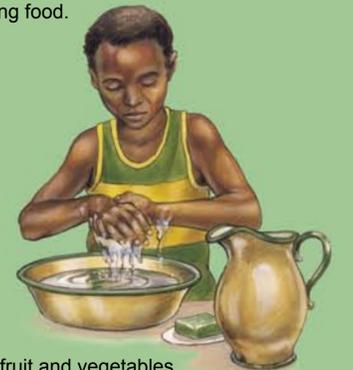
Use a toilet to stop worm eggs infecting pigs and other people.



Thousands of tapeworm eggs come out with the faeces. Tapeworm segments can be seen in the faeces. They release thousands of eggs into the environment.

2. Wash your hands.

Tapeworm eggs are too small to see and spread easily. So wash your hands well with soap and clean water **after** using the toilet and **before** touching food.



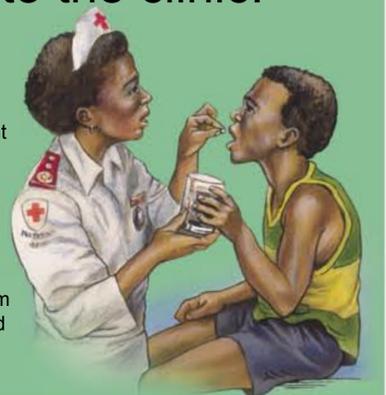
Wash fruit and vegetables. Boil drinking water.

The eggs spread easily. Worm eggs can contaminate the soil and water supply. They also get on our hands, food and drinking water.

3. Go to the clinic.

If you think you have tapeworm, go to the clinic and get treatment as soon as possible.

Deworming medicine will kill the tapeworm and stop you from infecting pigs and other people.



Swallowing tapeworm eggs is dangerous. Tapeworm eggs grow into cysts in the brain, eyes and muscles causing epilepsy (fits), blindness, paralysis, severe headaches, insanity and even death.