HOW TO PREVENT THE PORK TAPEWORM?
A neglected parasitic infection caused by *Taenia solium*

1. **Taeniasis** The tapeworms live in the intestines of humans.
2. The eggs of the tapeworm are released with faeces. If defecating outdoors, the environment (including vegetables and water) can be contaminated.
3a. Human cysticercosis Swallowing tapeworm eggs (due to bad hygiene after using the toilet or consuming contaminated food or water), will result in parasite cysts developing mainly in the brain (causing seizures and epilepsy).
3b. Pig cysticercosis Pigs eating tapeworm eggs (present in faeces or the environment) will develop parasite cysts, mainly in the muscles (meat).
4. Infected meat will contain parasite cysts, which are not always easy to see.
5. Eating undercooked or raw infected pork will result in people developing tapeworms.

- Cook pork thoroughly (no pink should be seen) to kill the parasite.
- Rinse vegetables thoroughly or cook them before eating.
- Wash your hands with soap and water after using the toilet.
- Keep pigs in pens to avoid them getting infected.
- Use toilets or latrines to avoid infecting the environment, pigs and other people.
- Vaccinate and treat pigs to prevent infection.

Medicines from health facilities can treat tapeworm infection.

Rinse vegetables thoroughly or cook them before eating.

Following the numbers for the transmission cycle is crucial. See the prevention and control measures in green.