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

1. **Taeniasis**
   - The tapeworms live in the intestines of humans.
   - Eating undercooked or raw infected pork will result in people developing tapeworms.

2. **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).
   - The eggs of the tapeworm are released with faeces. If defecating outdoors, the environment (including vegetables and water) can be contaminated.
   - Rinse vegetables thoroughly or cook them before eating.

3a. Infected meat will contain parasite cysts, which are not always easy to see.

3b. **Pig cysticercosis**
   - Pigs eating tapeworm eggs (present in faeces or the environment) will develop parasite cysts, mainly in the muscles (meat).

4. **Meat inspection**
   - Meat inspection can identify heavily infected pigs.
   - Cook pork thoroughly (no pink should be seen) to kill the parasite.

5. **Vaccination and treatment**
   - Vaccinate and treat pigs to prevent infection.
   - Use toilets or latrines to avoid infecting the environment, pigs and other people.
   - Keep pigs in pens to avoid them getting infected.
   - Wash your hands with soap and water after using the toilet.
   - Rinse vegetables thoroughly or cook them before eating.

**Follow the numbers for the transmission cycle**

**See the prevention and control measures in green**