

# Children's sandpit

Health risks when playing on the sandpit result from:

- from microbial and parasitic pollution – toxoplasmosis , toxocarosis , enterobiosis ,
- from mechanical injury.

## Microbial and parasitic pollution

### Toxoplasmosis

The causative agent is *Toxoplasma gondii* , whose main host is the cat. Transmission of the infection is through the **faeces of infected animals** , which contain a number of eggs (oocysts) that are able to survive for a long time in the external environment.

The disease can be asymptomatic, in some cases there is fatigue, headache, increased temperature, enlargement of the neck lymph nodes. Manifestations depend primarily on the state of immunity, especially in **children with an immune disorder** . In adulthood, the disease can cause severe damage to the fetus in pregnant women.

 For more information see *Toxoplasmosis*.

### Toxocarosis

The causative agent is *Toxocara canis*, *Toxocara cati* . Children become infected per os , when playing in sand that contains eggs (excreted together with **animal excrement** ). Most infections are asymptomatic, symptoms include abdominal pain, loss of appetite, and nausea. Temperature, lymphadenopathy, asthmatic symptoms are rarely present. The ocular form is severe and is characterized by chorioretinitis.

 For more information see *Toxocarosis*.

### Enterobiosis

The causative agent is *Enterobius vermicularis* . The infection is transmitted by eggs through the alimentary route. It can be asymptomatic, there is usually itching around the anus, abdominal pain, children are grumpy and restless. Repeated autoinfection often occurs through scratching and subsequent reduced hand hygiene (hand licking) .

 For more information see *Enterobiosis*.

## Risks from mechanical injury

Glass, especially from **syringes** with blood residue, which threatens not only mechanical injury, but also the possibility of infection (e.g. hepatitis B and C virus ). Other sharp and dangerous objects.

## Possibilities of preventing infections from sand pits

It is primarily about preventing the access of free-running animals to the area of the sandpit, consistent **observance of hygienic habits** — not putting your hands in your mouth while playing, washing your hands before eating, after playing. In case of mechanical injury, it is necessary to consider a visit to the doctor.

## Links

### related articles

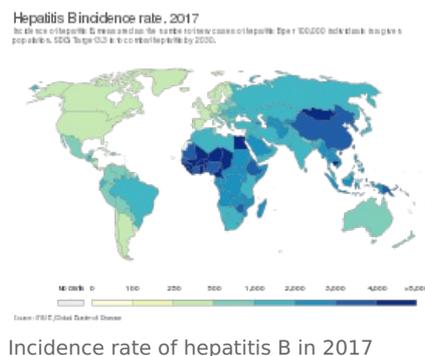
- Swimming pools and pools

### External links

- The issue of sandbars

## References

- Státní zdravotní ústav. *Koupaliště a bazény* [online]. [cit. 2010-11-01]. <<http://www.szu.cz/tema/zivotni->



prostredi/koupaliste-a-bazeny>.

- BENEŠ, Jiří. *Infekční lékařství*. 1. edition. Praha : Galén, 2009. 651 pp. pp. 332 – 334, 349 – 350, 318, 353 – 354. ISBN 978-80-7262-644-1.