The 14-Day Pinworm Reset

a calm, whole-house plan for the whole family



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Laundry, surfaces and daily habits

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One box a day for the whole house

got little ones? See the Kids' Reset Pack →

"I made this so you don't have to figure it out alone. Share it with anyone who needs it."

— CLAIRE

shop every pick

nomorepinworms.com/supplies →

Every supply in one place, with my exact picks.

Printing tip

Skip this cover — print pages 2–4. Page 4 goes on the fridge.

Personal educational notes, not medical advice. Always follow the package label and ask a doctor or pharmacist about children under 2, pregnancy, or symptoms that persist.

FREE PRINTABLE · WHOLE-HOUSE PLAN

The 14-Day Pinworm Reset

treat everyone · clean once · repeat once

14 DAYS

Why 14 days? OTC medicine targets active worms, not the microscopic eggs — and eggs can survive on surfaces for 2–3 weeks. The Day 14 follow-up is what stops the cycle.

01 What to grab

Pinworm medicine

OTC pyrantel pamoate, dosed by weight. Get enough for everyone, Day 1 and Day 14.

Shop my pick →

Petroleum jelly

A thin layer at bedtime to soothe the itch. Wash it off in the morning shower.

Shop my pick →

Fabric steamer

For what can't go in the washer: mattresses, couches, car seats, stuffed animals. Order before Day 1.

Shop my pick →

Gentle laxative · optional

Only for occasional constipation. Not required with pinworm medicine.

Shop my pick →

Medical tape · optional

Some families use it overnight. Not over jelly; peel off gently and stop if skin gets irritated.

Shop my pick →

every pick in one place

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Scan or tap any card to see the exact product I use.

02 Your 14 days

Day 1

First dose + full reset

Dose everyone the same day, each by weight. Do the Page 3 reset too — wash, then steam couches & car seats.

Date: ____ / ____ / ____

Days 2–13

Hold the line

Morning showers, fresh sleepwear every night, strict handwashing. Tick it off on the Page 4 tracker.

Day 14

Follow-up dose + reset

Repeat the dose (per doctor/pharmacist guidance), plus one more hot wash or steam pass on bedding.

Date: ____ / ____ / ____

Ask a doctor first if pregnant, if anyone has liver problems, or for children under 2 or under 25 lbs.

03 · DO THIS ON DAY 1 + DAY 14

The Household Reset

heat · damp cleaning · morning habits

Laundry & fabrics

- [ ] **Don't shake it out**
  Fold sheets, towels and pajamas and carry them straight to the washer.
- [ ] **Sleepwear: 1 wear**
  Hot wash + high-heat dry pajamas and underwear after every wear.
- [ ] **Bedding**
  Hot wash + high-heat dry, or steam, sheets and pillowcases. Day 1, Day 14 and as needed.
- [ ] **Steam the rest**
  Slowly steam mattresses, couches, rugs, car seats and stuffed animals.

Surfaces & floors

- [ ] **Vacuum or damp-mop floors**
  Bedrooms and bathrooms, for several days. Skip dry sweeping, which kicks up dust.
- [ ] **Wipe high-touch spots daily**
  Toilet seats, flush handles, faucets, doorknobs, light switches, phone screens.

Daily habits

Shower every morning
Showers, not baths, to rinse away overnight eggs.

Fresh pair daily
Snug underwear and pajamas at night, a clean pair every morning.

Wash hands well
Soap and warm water after the bathroom and before eating.

Nails short
Keep them trimmed and scrub underneath with soap.

Used tape? Bin it
Peel before showering, fold sticky-side in, toss, wash hands.

Open the curtains
Let daylight into bedrooms during the day.

04 · STICK THIS ON THE FRIDGE

14-Day Tracker

one box a day, all the way to Day 14

Household: _____ **Day 1 date:** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Medicine dose (everyone)	☐	–	–	–	–	–	–	–	–	–	–	–	–	☐
Bedding hot wash / steam	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Morning shower	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean underwear + PJs	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleepwear in hot wash	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Hands washed, nails scrubbed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wipe high-touch spots	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vacuum / damp-mop	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Curtains open	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

☐ Dose + reset day ☐ Daily habit – Not today

Who's been dosed

NAME	WEIGHT	DOSE (PER LABEL)	DAY 1	DAY 14
			○	○
			○	○
			○	○
			○	○
			○	○

got little ones? **A sticker chart, routine cards & more in the Kids' Reset Pack →**

Not medical advice. Follow the package label; Day 14 dose per doctor or pharmacist guidance.