

## The Prevalence of Intestinal Parasitic Infections in Food Handlers in Gorgan, Iran

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### Abstract

**Background and objectives:** Food handlers could be the main sources of intestinal parasite transmission in case of not observing the hygienic rules. Contamination can be decreased by screening food handlers through physical exam and laboratory tests. The aim of this study was determining the prevalence of intestinal parasites in 2010.

**Material and Methods:** This cross-sectional research was carried out on 500 randomly selected individuals engaged in different food related careers. After filling out the questionnaire sheets, two specimens of feces were collected from each person and tested by brine 30% (floatation) and direct methods.

**Result:** The results show that the prevalence of intestinal parasites is 6%. The highest prevalence is related to *Giardia lamblia* ( 17 ; 4.3%) and the lowest to *Hymenolepis nana* ( 3 ; 0.6%). in the age group of 60-51 years (11.8%) and individuals who just able to read and write (7.4%) The highest percentage is observed. The Most contamination is reported in butchery staff (25%) and the lowest in people worked in butler's pantry, without parasitic infections.

**Conclusion:** The prevalence of intestinal parasitic infections are high relatively, especially pathogenic protozoan; therefore, it is important be careful about health status of these individuals and their role in the spread of pollution.

**Key words:** Intestinal Parasites, Food Handlers, Prevalence, Gorgan