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|  | Taena | Clonorchis | Ascaris | Necator | Trichina |
| Enters | Undercooked meat | Eating fish with effected snail | Unwashed fruit and vegetables | As itch worms between toes (caught by walking barefoot in mud) | Eating undercooked pork |
| Lives | Intestine | Liver | Intestine | Intestine | Muscles |
| Host | Humans and cows | Humans, fish, and snails | Humans | Humans | Humans, pigs, and rats |
| Effect | Leaves you feeling malnourished | Liver problems | Leaves you feeling malnourished | Drains blood | Painful muscle cysts called trichanosis |
| Prevention | Cook beef properly before eating | Cook fish properly before eating | Wash fruit and vegetables properly before eating | Wear shoes and wash feet off regularly | Cook pork properly before eating |