

## **For PARENTS.....**

If your children have head lice or nits (eggs) remember that:

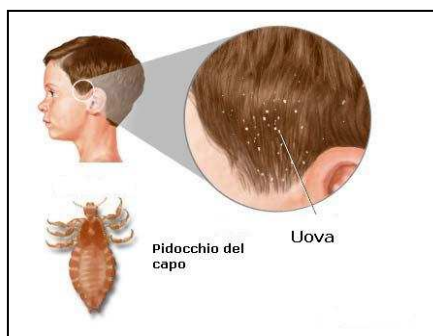
- **Lice do not jump or fly.**
- **They do not come from animals.**
- **They are not interested in social class.**
- **They live in clean and dirty hair.**
- **They are more common in straight hair.**

**Unless lice or nits are present there is no point using special products.**

When there are head lice there may be:

- itching
- a dry grey/black powder
- a grey residue on the pillow

## **WHAT TO DO IF THERE ARE LICE OR NITS**



1. Go to the doctor for confirmation
2. Carry out the treatment
3. Inform the child's school, friends and sports team so that the other parents can check their children's heads
4. Go back to the doctor to get the paper you need before sending your child back to school

## **TREATMENT**

**At the chemist get an emulsion or lotion specifically for treating lice. This should contain 1% SYNERGIZED PYRETHRIN or PERMETHRIN or 4% DIMETICONE**

If the lice or nits have not disappeared after a week use MALATHON (the child should be over 6 years old)

To increase effectiveness rinse the head with vinegar and water (1 bottle of water to 1 glass of vinegar).



### **The lice should be removed with your hands like this:**

- Divide clean wet hair into locks.
- Comb the locks from the scalp down to the ends using a fine-toothed comb then comb from the ends back up to the scalp
- Clean the comb after combing each lock
- Pull any remaining eggs off with your fingers or cut the single shaft of hair off if they do not come away easily.

This should be done every 4 days for at least 2 weeks until the lice and nits have disappeared.

It is not necessary to cut the hair.

Your child can return to school when the treatment starts but you must make sure there are no lice or nits.

Before the child can return to school you must give the teachers the paper from the doctor.

### **HOW TO PREVENT LICE FROM RETURNING**

- Machine wash (60°) or dry clean the clothes and bed linen the child was using when the lice or nits appeared
  - Seal everything that cannot be washed in plastic bags for 2 weeks.
  - Wash combs and brushes in soap and hot water ( 60°).
  - Clean furniture and floors well.



### **HOW TO AVOID INFECTING OTHERS**

- Your children should not exchange personal belongings (hats, scarves, combs)
- Tie long hair back (pony tails, plaits)
- Wash the children's hair twice a week with a normal shampoo.
- Check your children's hair every week, even if they are not scratching and even if none of their friends has lice (choose a place where there is plenty of light and use a magnifying glass)
- Tell the teachers if your child has lice.

