

# Head lice – let's get rid of them!

Head lice are annoying and you can get them faster than you can get rid of them again. To keep head lice infestations within the family as short and infrequent as possible, we are providing you with some helpful information and recommendations:

## What should be done when live head lice are found?

- ▶ Immediately **inform** the school, kindergarten, neighbours, etc. if you discover head lice on your child. Doing this will help to prevent a wider spread of the infestation.
- ▶ Obtain a **head-lice treatment shampoo** and treat according to the usage instructions. Products containing silicone oil that work via a physical action are recommended. In contrast to products that work chemically, products that have a physical action have the advantage of being well tolerated, with head lice not developing immunities against these.
- ▶ In addition to treatment with a shampoo, **all nits** will need to be **removed**. To do this, obtain a nit comb and comb the hair daily when it is wet and after a little hair balm/conditioner has been applied to it.
- ▶ The use of **head-lice treatment shampoo** only amounts to **50% of the treatment**; the remaining **50%** results from **combing** the hair.
- ▶ It is not necessary to go to the effort of washing bed linen, clothes, cleaning toys, etc. Transmission from such items is not possible!
- ▶ Place combs and hair utensils in a hot (60 °C) soapy solution for 10 minutes.
- ▶ Tie up long hair.
- ▶ Once head lice have been eradicated, you should continue to **examine** your child **regularly** for head lice and nits for several weeks afterwards.
- ▶ Unfortunately, head lice cannot be eradicated and we must learn to live with them. Head lice infestations are more likely to occur in regions with a high population density.
- ▶ Head lice are **spread** by **direct head-to-head contact**. Head lice cannot jump, hop or fly.

### Tips

Anyone can get head lice. **A head lice infestation is totally unconnected with hygiene!** Washing hair on a daily basis will not offer protection against head lice.

Examine your child if he or she scratches his or her head, or if head lice are present in the school, kindergarten, amongst neighbours, etc.

Only treat your child with a head-lice treatment shampoo if you have seen live head lice. **Preventive treatment is useless!** Avoid frequent treatments.

## What needs to be done when head lice are found?

- ▶ Obtain a **nit comb** and comb the hair daily when it is wet and after a little hair balm/conditioner has been applied to it. **Only use a head-lice treatment shampoo if you have seen live head lice.**
- ▶ Unlike dandruff, nits will stick to the hair and cannot be easily removed.
- ▶ Once nits have been eradicated, you should continue to examine your child regularly for several weeks afterwards.

## If there is an outbreak of head lice

Check your child's hair regularly.

Tie up long hair.

To be on the safe side, obtain a nit comb and comb hair when it is wet and after a little hair balm/conditioner has been applied. Do this twice a week. This will help you to prevent a head lice infestation.

## We have discovered head lice again, what am I doing wrong?

- ▶ Often it will be a new infestation, or combing has not been done thoroughly enough.
- ▶ Notify all contact persons to stop the wider transmission of the infestation. Everyone affected will then be able to start the treatment on the same day.

## What should I do if the treatment is unsuccessful?

- ▶ If head lice continue to be troublesome in spite of treatment, please get in touch with your pharmacy or with us. The specific reason as to why your treatment did not work will then be determined.
- ▶ Please get in touch with us for answers to any further questions you may have.

## Further information

- ▶ This can be found at [www.lausinfo.ch](http://www.lausinfo.ch)