

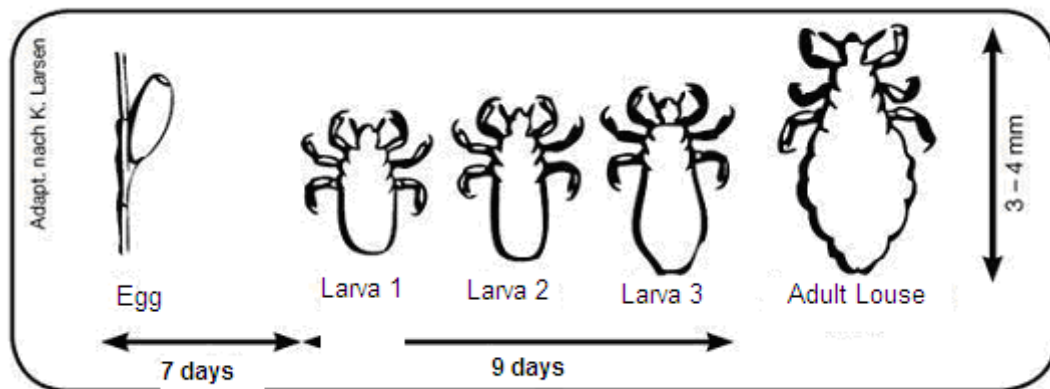
Englische Übersetzung des Merkblattes „In der Klasse Ihres Kindes hat es Kopfläuse!“ / Ausgabe 2021

## Information Leaflet „Pupils in your child’s class have head lice!“

### Main Points to note

- Anyone can get head lice – by working together we can eliminate them.
- Acting quickly can break the cycle of infection at school.
- **Diagnosis and treatment of the occurrence of head lice is the responsibility of parents.**
  - Please check your child and other family members immediately (see below).
  - If you find any head lice, treat them straight away according to the instructions on Page 2.
- **Children with live head lice can only return to school after completion of the first treatment with an anti-lice product.**

### Appearance and Life Cycle of the Head Louse



- **Eggs** (“Nits“, when empty) stick tightly to the hair. They look like dandruff, but can’t simply be wiped away.
- Head lice have a similar colour to hair and shy away from light. A visual inspection of dry hair can miss the presence of head lice (For an inspection of wet hair, see below).

### The correct procedure for finding head lice, eggs and nits (comb check)

1. Wet the hair.
2. Apply generous amounts of conditioner to the wet hair.
3. To get rid of knots and tangles, comb the hair thoroughly (brush/comb).
4. Comb out each strand of hair from the scalp to the ends with a lice comb.



Illustration: Combing the wet hair out from the scalp to the ends with the lice comb

5. After combing out each strand wipe the comb on white paper (e.g. kitchen paper) to see any lice or nits which are present.
6. Rinse the hair thoroughly.

### Combing and Treatment Procedure after checking

Rule of thumb: **Comb 7 times in 4 weeks!** - as below. Treat with an anti-lice product only if live head lice are found. Especially effective products are: Hedrin and Paranix "Spray". These products and lice combs are available in chemist shops. When pregnant, breast feeding and in the case of infants, follow the instructions in the package insert.

Further information at: [www.gef.be.ch](http://www.gef.be.ch); [www.lausinfo.ch](http://www.lausinfo.ch).

Combing and Treatment Procedures	
<b>Day 1</b>	<b>Check: with the comb (see page 1)</b> <b>A:</b> If head lice are present, treat with <b>anti-lice product</b> (e.g. Hedrin and Paranix "Spray") and comb out. <b>B:</b> If only eggs/nits are present, comb these out ( <b>without an anti-lice product</b> ). <b>C:</b> If neither head lice nor eggs/nits are present, no immediate measures are necessary (but check again with the comb after 7 days!).
<b>Day 3</b>	<b>A+B:</b> Comb out any remaining head lice and/or eggs/nits (comb check).
<b>Day 7</b>	<b>A:</b> Treat again with <b>anti-lice product</b> and comb out the head lice and/or eggs/nits. <b>B:</b> Comb out any remaining (or new) eggs/nits. <b>C:</b> Comb check.
<b>Day 10</b>	<b>A+B:</b> Comb check
<b>Day 14</b>	- If any head lice are still (or again) present: Start the treatment again with procedure A of Day 1: "treat with anti-lice product and comb out". - If neither head lice nor eggs/nits are found, there is no need for further treatment.
<b>Day 21</b> <b>Day 28</b>	To avoid a possible fresh infection, comb checks should be carried out for a further two weeks (once each week).
<b>The health professional whose details are listed below will be happy to advise you if, after a fortnightly treatment with Hedrin, live head lice continue to be present. Don't hesitate to get in touch!</b>	

### Important

- If head lice are found, immediately advise the people with whom you have contact (school, crèche, friends, etc.) in order to prevent the infection spreading.
- Once a week check **all family members** for head lice using a lice comb.
- Soak combs, brushes, hair clips for 10 minutes in hot (60° C) soapy water.
- Keep long hair tied back to prevent direct head-to-head contact.
- Other measures are not necessary – concentrate on the hair!
- The best prevention: to aid in early detection apply conditioner to the child's wet hair and comb out with the lice comb.

If you have any questions, please contact: