

Leaflet on search for head lice

Dear parents

In the school class/kindergarten of your child, nits (eggs of lice) or lice have been detected on a child.

Don't get flustered! Nits or head lice are not signs of insufficient personal hygiene. Head lice can also settle on well-groomed heads. Therefore, we are going to hunt the lice instead of the culprit.

Today our co-worker for the intervention in head lice infestation checked the hair of the whole class and found the following:

- ☐ No lice, no nits → no need of further measures
- ☐ Nits, no lice → find the lice, see below
- ☐ Living lice → therapy is necessary (see second page) and repeated detection combing

Search for head lice:

Detection combing/ searching for lice needs time (30-60 minutes), good light and ideally, a distraction to keep the child busy in order to keep it sit quietly.

Wet detection combing: This method is used for the treatment two times a week and for prophylaxis once a week as follows:

- Wet the hair
- Spread the conditioner in the whole hair. It paralyzes the lice for a certain time and makes combing easier. Disentangle the hair with a normal comb and then use a lice comb.
- Comb every strand of the hair from the scalp (most lice /eggs of lice are settled there) down the end of the hair and spread out the lather on a white kitchen roll. By this way, the lice and larvae (baby lice) are well visible. Besides, eggs/nits might be combed out as well. The eggs are then visible as dark points on the kitchen roll. The white nits are indeed hardly visible.

If only nits are found, then you should still do the search for the lice 2 times with the interval of 3 days each. If no further lice are found, then you can close this topic! There is usually no further need of particular measures.

The test is positive (that means there is an infestation of head lice), if a louse or a larva has been found. The detection of eggs/nits is not yet regarded as louse infestation because nits are harmless, they can also come from earlier louse infestation, and one can hardly see whether the eggs are dead or alive.

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Leaflet on treatment for lice

In case of louse infestation, the following delousing remedies are recommended:

Prioderm covered by statutory health insurance
Loxazol is covered by many health insurances
Laus-Stopp from Rausch with natural active ingredients

You can get these in a pharmacy or at your family doctor/pediatrician. Please use these according to the package leaflet. Furthermore, you should delouse the hair appropriately two times weekly until the end of the therapy.

Necessary supplementary measures:

- By removing hair jewellery from the hair, lice can be inadvertently taken with and passed on. Combs, brushes, hair slides, hairbands, etc. therefore, should be soaked into a hot soapy solution (60°C) for 10 minutes.
- Long hair should be tied together during the day, to avoid touching other's hair and to prevent the louse from crawling from head to head.
- A weekly control on all family members done by wet detection combing (see above) up to two weeks after the last detection of larvae or lice.

Unnecessary, needless measures:

- Washing of bed linens, pyjamas, clothes, bath- and hand towels.
- Cleaning of floors, sofas or beds with the vacuum cleaner.
- Lice cannot be passed on through a headgear. Caps, helmets, etc. do not have to be treated.
- Stuffed animals do not have to be isolated from the children, washed or put in the freezer.
- Hair does not have to be cut, because 5-millimetre length of hair is already enough to give the eggs/nits sufficient hold.

Your child will be given a nit comb with this leaflet from the school. You as the parents are responsible for further treatment.

Further information: www.lausinfo.ch

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