

In brief

You've found head lice:

- Remove the head lice with a fine-toothed head lice comb passed through the hair after the application of conditioner, 2 to 3 times a week, for one month
- Reinforce the action with an anti-head lice product containing dimeticone, applied on the 1st and 8th day (15th day)

No preventive treatment

<http://www.ge.ch/ssej/videos/poux/>

Still have questions? answers

- From the school nurse

Tel:

Address:

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.....

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- Valais Health Promotion
School Health
Rue des Condémines 14
1950 Sion
Tél : 027 329 04 29
sante.scolaire@psvalais.ch
www.santescolaire-vs.ch

- Where special considerations apply, refer to your GP

Learn more about head lice

- Are passed on by direct head-to-head contact
- Like clean hair just as much as dirty hair
- Feed on human blood
- Die in 48 hours, after dropping off the scalp
- Cling to hair, avoid light, cannot jump or swim, move quickly

The lifecycle of the head lice

- A head lice is a greyish insect up to 4 mm long which lays 7 to 10 eggs (nits) per day at the base of hair strands (first centimetre of hair)
- After 7 to 10 days the young head lice are born
- 7 to 10 days later they become adults and reproduce



nits



10 days



14 days



16 days



20 days



Actual size of a head lice, 4mm



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Graphics: Simon Tschopp

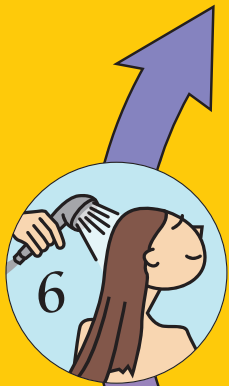
Head lice are back!

Look for them, treat them only if you see them



When to look for them

- If head lice are present in your immediate circle (school, crèche, family, friends, etc)
- Itchy heads
- If nits are present at the base of the hair (like dandruff, but difficult to remove)



How to look for them

On all heads in the family:

1. Wet or wash the hair
2. Apply plenty of conditioner
3. Straighten and untangle the hair using your normal comb
4. Pass a fine-toothed head lice comb through the hair (available from pharmacies): starting from the bottom of the hair strands, through to the ends, section by section
5. Each time you do this, dry the comb on kitchen towel to deposit any head lice it contains
6. Rinse the hair



You find nothing

Repeat the process in a week's time



You find nits

- Do not treat
- Remain vigilant, head lice may appear..
- Look for head lice on two further occasions during the week



You find head lice

- Inform your child's teacher
- The same day: check all family members and treat those who have head lice
- It is not necessary to clean bedding, clothing, soft toys, etc
- Preferably, use a different hair brush for each person

To eliminate head lice:

- Wet the hair, apply conditioner, pass a fine-toothed head lice comb through the hair: 2 to 3 times a week for 1 month
- To reinforce this action, buy from the pharmacy or chemist a product that kills head lice, containing *dimeticone*
 - . follow the instructions for use, taking the recommended precautions
 - . 2 to 3 treatments are necessary (1st – 8th and 15th day)



If the treatment doesn't work

- Check the heads of **everyone in the family** again
- Buy a **different** product for the treatment of head lice: carry out 2 to 3 treatments (1st – 8th – 15th day)
- To reinforce the process, use the fine-toothed head lice comb every other day for 1 month

