

## Information – Actions in case of head lice infestation

Dear parents,

Head lice are bothersome, but do not have anything to do with a lack of personal hygiene! Head lice are spread through direct contact with an already infested person and/or through the common use of objects such as combs, head covering etc. Where many people stay close to each other in limited space, such as in schools, kindergarten, after school care centres head lice may easily be spread.

What are the signs and symptoms of head lice?

- Severe itching of the scalp
- Urge to scratch the scalp (eventually infections of the skin)
- Nits are visible "glued" to the hair shaft.  
(Nits prefer temples, neck and ear areas.)

Should you detect a lice infestation of your child, immediately inform the responsible person in charge, so that action can be taken and spreading can be avoided.

### What do do?

1. **All members of the family have to wash their hair with lice-killing shampoo** (see usage instructions). When washing the head the last rinse is to be done with vinegar. Vinegar softens the intercellular cement of the lice that are glued to the hair. Comb dead, remaining live lice and loosened nits out of the hair with a lice comb.
2. **All combs, hair brushes, hair slides, hair ribbons have to be washed with this shampoo.**
3. **Machine wash all bed linens and air bedding.**
4. **Caps, headbands and shawls either have to be washed with lice shampoo or sprayed with lice spray.**
5. **Repeat shampooing with lice shampoo after one week.**
6. **All nits (eggs of lice) have to be removed.**

The visit of the childcare and child education institution is possible after the first professional treatment. Should your child repeatedly be infested with lice or nits we would ask you for a medical acknowledgement of the absence of lice and nits.

Sincerely,

The team of the childcare and child education institution