

## Head lice, notice to parents

Pupils in our school have head lice. To get rid of head lice it is important that children in each home receive an extremely thorough inspection of the scalp. The hair and scalp are inspected by making frequent partings and turning the hair in small sections. The entire scalp is inspected in this way. Special attention is to be paid behind the ears and the area of the neck.

The eviction of head lice can be done with NIX shampoo or PRIODERM shampoo/solution. The shampoo is available at pharmacies and the package contains clear instructions. At the same time, wash the whole family's bedding in 60 degrees and disinfect combs/brushes either by boiling or by keeping them in a freezer or outside in minus degrees in the winter for a day. Clothes that are difficult to wash can be kept in a sauna in over 80 degrees for two hours. This is enough to destroy the head lice and eggs. It is also important to comb your children's hair daily with a fine-tooth comb contained in the shampoo package. The combing mechanically removes nits, lice eggs. Nits can also be removed by hand, as combs are not always effective enough.

The child's scalp is checked in about a week from the washing. This ensures that possible nits have also been destroyed. The treatment is repeated weekly and with a different brand of shampoo, if necessary. Nits are white small balls close to the scalp or head lice eggs attached to the hair.

Head lice are between 0.5 and 3 mm long black or dark brown living parasites that move quickly around the scalp. Head lice usually appear behind the ears and on the neck. Black immovable dots can also appear in the scalp. They are shells of dead head lice that are removed by combing the scalp.

Head lice spread by touching. This is why we recommend active washing of hands during the infection period. In addition, it is good to remind the children not to exchange caps or other clothes with their friends, and only to use their own combs and hair clips. Caps and hats are kept in the sleeve of the coats, not on the coat rack.

If need be, you can contact your nurse in head lice issues.

Children can go to day care centres or schools as soon as the treatment has been given and family members in the same household have been treated once.

Head lice continuously appear in high living standards and it is not necessarily a sign of poor hygiene.

City of Oulu Health Care

