



# Head-lice? – Get rid of them!

## Tips for success!

Head-lice are annoying and easier to get than to get rid of. These tiny animals have been living for a long time from human beings and man has to learn to live with them - «But not on my head,» many think. In order to keep the time with head-lice in the family as short as possible, we would like to give you a few tips:

1. Everyone can get head-lice, but practically only by direct head-to-head contact, and rarely by sharing hats or caps, combs or anything similar.
2. Examine the hair several times, in order to be sure that your child has no nits (eggs) or lice. Nits stick to the hair, unlike dandruff, which can be easily removed. Nits are often located behind the ears and in the nape of the neck.
3. Examine your child if it scratches its head or when lice occur at school, kindergarten, in the family or in your circle of friends. To be on the safe side, examine all the members of your family.
4. Only treat your child or any other member of your family with anti-lice medication if someone really has lice or nits. **Preventive treatment is useless!** Avoid frequent treatment.
5. There are two main groups of anti-lice medication:
  - Shampoos based on silicon oil
  - Shampoos containing insecticidesGet advice from the chemist or druggist and read the information included with the package carefully.
6. **Remove all nits and lice**, for only then will you really be rid of the lice. Use a special louse-comb. This is very time-intensive, **but the crucial part of the entire treatment!**
7. **Don't spend too much time** cleaning bed clothing and sheets, clothes, toys, etc. Infestation via such things is seldom. Cleaning with a vacuum cleaner is sufficient. Alternatives are laundering once at 60 °C or simply leaving them unused for 2 days.
8. Clean combs and hair utensils with hot water (soak for 10 minutes), tie long hair up.
9. **Inform the school, kindergarten, nursery, day-care centre, neighbours, etc.**
10. **Removing all nits and lice with a good louse comb is the most important part of the treatment! Regular inspection is the best prevention!**