

## Letter to parents Treating head lice



### Success against head lice

Head lice are common in Europe. It is thought that one out of three children will be attacked at least once before they are grown by these small pests. The most common transmission path is from head to head. The cleanliness of the children and their families does not play a role; lice are at home even on freshly washed heads. Thus anyone can get lice, and no one has to be ashamed of it. What is important, though, is to get rid of the head lice quickly, if possible before they can be passed to other people.

If lice show up in schools and daycare centers, the administration or the health department must be informed. Then the heads of not only the children, but the entire family should be checked.

Living head lice can be recognized with the naked eye. The precursor stages (larvae) can be seen only under magnification. The brownish greenish eggs that adhere to a hair less than a centimeter from the skin of the scalp can only be found by combing the damp hair with a louse comb. The white shells of the eggs (nits) that are located more than a centimeter from the scalp are usually empty; no lice are transmitted through them.

### Treatment strategy against head lice



- Day 1 —> Treat with a delousing agent, then comb out damp with a louse comb
- Day 5 —> Comb out damp to remove larvae that hatched early before they are mobile
- Day 8 —> Treat again with a delousing agent to kill off larvae that hatched late
- Day 9 —>
- Day 10 —>
- Day 13 —> Monitor by combing the damp hair
- Day 17 —> Monitor again by combing out the damp hair

**In addition, you should follow the steps on the next page against reinfestation!**

**Delousing agents and louse combs are available in any pharmacy.**

## Head lice are easily treated:

The hair is treated two times (on day 1 and on day 8, 9 or 10) with an approved delousing agent from a pharmacy. In addition, a conditioner is massaged into the hair every four days. Following this, the damp hair is carefully combed strand by strand.

## What has to be done to keep the lice from spreading?

Everyone who came into contact with your child must be informed, especially those in the childcare center, school, athletic club, etc.

Affected children may not go back to the childcare center or school until no further spread of the lice is possible. The conditions for this are usually agreed upon by the health office and the management of the facility.

**And of course, you also can always ask your doctor for advice.**

## Parents can find further information on head louse infestations at

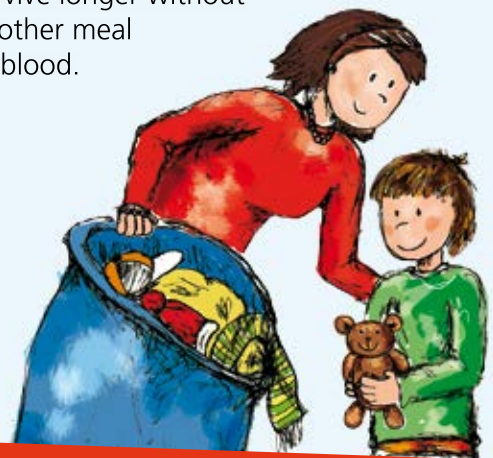
[www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)  
[www.rki.de](http://www.rki.de)  
[www.gesundheitsinformation.de](http://www.gesundheitsinformation.de)



At all of the links, enter the search term "head lice".

## Measures against reinfestation

- Thoroughly clean the combs and hair brushes of all members of the family in hot soapy water.
- Change out washcloths and towels, clothes and linens of the person affected by the head louse infestation and wash at 60 degrees centigrade.
- Keep caps, shawls and blankets, pillows and plush toys in a closed plastic bag for three days. Head lice do not survive longer without another meal of blood.



### IMPORTANT!

Anyone can get head lice!  
So please do not keep quiet about it, because this is the only way to avoid a further spread.

All interested grammar schools and special education schools in the Rhineland are invited to participate in this program. Participating schools will receive a support concept and materials for implementing the following health topics:

- The human body/At the doctor's office
- Food and nutrition
- Exercise and relaxation
- Sex education
- Disease prevention/Self enhancement [[=Ich-Stärkung]]

[www.gesundmachtschule.de](http://www.gesundmachtschule.de)

Schools that would like to participate in the program can contact

Ärztammer Nordrhein  
Email: [sabine.schindler-marlow@aekno.de](mailto:sabine.schindler-marlow@aekno.de)  
or [snezana.marijan@aekno.de](mailto:snezana.marijan@aekno.de)  
Tel.: 0211 4302-2031

AOK Rheinland/Hamburg,  
Email: [silva.bieling@rh.aok.de](mailto:silva.bieling@rh.aok.de)  
Tel.: 0211 8791-1586

