

**Head lice infestation**

**Dear parents,**

A child/children in your facility is/are infected with head lice. As head lice can easily be transferred from child to child, we kindly ask that you **examine your child for any signs of a lice infestation..** Help us to find out which children are affected, as this is the only way to end the lice crisis quickly.

Get a nit comb. You can find these in the chemist's shop or pharmacy. Look out for a tine spacing of 0.3 mm or less. A light-coloured comb is ideal. You will also need a plastic wide tooth comb or a washable plastic brush, along with standard hair conditioner for rinsing purposes, and paper towels or a light-coloured cloth.

**You must do the following:**

- Wash your child's hair as normal.
- Apply a standard conditioner equally throughout the hair and untangle it with a plastic wide tooth comb. **DO NOT RINSE!**
- It is especially important to comb the hair through, strand by strand, with a nit comb and wipe the comb on a cloth. If there is a head lice infestation, you will discover the lice there.
- If you see something and are unsure if it is a louse, wait until it becomes dry, pick up a hair and observe it closely; if it hangs onto the hair and crawls on it, it is a louse.
- If necessary, clean the comb with an old toothbrush or with a toothpick.
- Your child's hair should be tied back over the next 2 weeks and checked for a lice infestation twice weekly.



**What to do if you find head lice:**

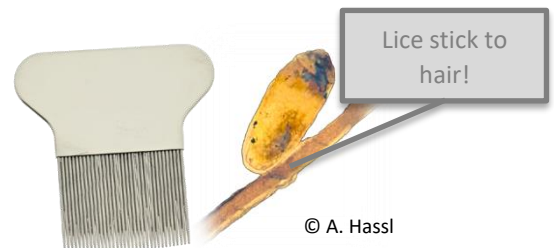
Siblings and (grand)parents are especially at risk of infection, as the louse spreads through hair-to-hair contact. Therefore, the first thing you should do is examine all other members of the family by combing their hair with a standard conditioner while wet. All children who have had contact with your child must be examined. Therefore, you should inform all parents affected in your private sphere and community facility, so that your child will not be re-infected and the circle will be broken. For treatment, you will need a delousing agent and a nit comb from the pharmacy (tine spacing of 0.3 mm or less). As well as the available pesticide products, silicone oils have also proven to be useful. Apply the delousing agent in intervals of 8-10 days, twice daily. The second treatment serves to kill the hatched eggs after the first application before they lay eggs again. Combing the hair through with the nit comb is especially important and should be done carefully to remove any lice which have hatched over time, and monitor the success of the treatment after the treatment has finished.

**Big household clean-up?**

Contrary to earlier beliefs, cleaning is not a priority, as head lice are only very rarely transmitted via objects and can survive for a maximum of 2 days outside the head. Therefore, you should solely concentrate on examining the heads of all your family. You can also vacuum, wash laundry (60°C) and put lice-infested objects aside in plastic bags for 2 days.

**Will my child have to stay at home because of head lice?**

If you discover head lice today and start treatment as prescribed, your child can easily be free of lice by tomorrow. Do not forget to repeat the treatment in 8-10 days, and check that it has succeeded by combing the hair through!



# TREATMENT PLAN

## Head lice infestation



### This is how you should treat a head lice infestation:

Please read the instructions for your delousing agent of choice carefully before treatment!

#### Step-by-step guide:

Day	Date	What do you need to do? (please tick off steps you have taken)
<b>Day 1</b>		<input type="checkbox"/> Treatment with your chosen medical product from the pharmacy (= delousing agent) <input type="checkbox"/> Comb through with louse comb (pharmacy) and standard hair conditioner (chemist's shop)
Day 2		
Day 3		
Day 4		
<b>Day 5</b>		<input type="checkbox"/> Comb through with louse comb (pharmacy) and standard hair conditioner (chemist's shop)
Day 6		
Day 7		
Day 8		
<b>Day 9<sup>1</sup></b>		<input type="checkbox"/> Treatment with your chosen medical product from the pharmacy (= delousing agent) <input type="checkbox"/> Comb through with louse comb (pharmacy) and standard hair conditioner (chemist's shop)
Day 10		
Day 11		
Day 12		
<b>Day 13<sup>2</sup></b>		<input type="checkbox"/> Comb through with louse comb (pharmacy) and standard hair conditioner (chemist's shop)

<sup>1</sup> Please note: The second treatment can also take place on Day 8 or Day 10.

<sup>2</sup> Final checks just to make sure, possibly another thorough comb-through on Day 17, especially if several lice have been on the head.

#### Instructions:

- ❖ Treat the infestation of head lice in accordance with the plan in the above table and/or the user information for your product
- ❖ The grey fields in the table mark days with treatment steps
- ❖ Day 1 corresponds to the day the head lice infestation was discovered, and the first treatment should be carried out directly on this day. Enter the date here.
- ❖ Tick the relevant fields after carrying out each treatment.
- ❖ When all grey fields have been ticked, treatment is finished.
- ❖ You should still thoroughly check your child's head again. If the infestation was very severe, it is advisable to keep checking several times, every few weeks, just to be completely sure.