



Head-lice? – get rid of them!

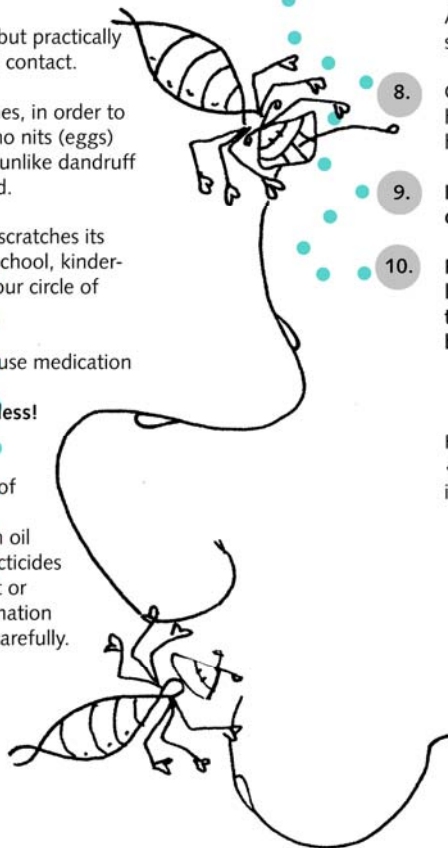


Mit freundlicher Genehmigung des  
Gesundheitsdepartements des Kantons Basel-Stadt

## 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 and as seldom 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.
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.
3. Examine your child when it scratches its head or when lice occur at school, kindergarten, in the family or in your circle of friends.
4. Treat your child with anti-lice medication only if it really has lice.  
**Preventive treatment is useless!**  
Avoid frequent treatments.
5. There are two main groups of anti-lice medication:
  - Shampoos based on silicon oil
  - Shampoos containing insecticides
 Get 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° 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!**

For any additional questions, the «Kinder- und Jugendgesundheitsdienst» is at your service.