

HOW TO GET RID OF HEAD LICE

Use specific products (shampoos, lotions, creams, etc.) to be applied strictly following the instructions on the packaging. Generally, a second treatment after 7/10 days is required to kill lice born from nits that survived the first treatment. If there is a case of pediculosis in the family, you must check all family members. It is useful to clean combs and brushes well, leaving them to soak for an hour in a bowl with hot water and the same antiparasitic product used for the hair. Although transmission through objects is not particularly easy, for greater caution, wash your sheets, pillowcase, towels and anything that may have come into contact with the parasites or their eggs. Simply put everything in the washing machine on a 60°C cycle (this kills both the lice and their eggs). Other clothing or

blankets that cannot be washed with hot water should be dry-cleaned. It is not necessary to use antiparasitic products in the surroundings to eliminate head lice; It may be useful to vacuum sofas and armchairs.

HOW TO PROTECT THE COMMUNITY

When cases of pediculosis at school are reported, parents should check their children's heads at least twice a week; in the event of a confirmed infestation (intense itching, the presence of lice or nits), you should contact your family doctor, the public health doctor or the district health care professional, who can also provide information on appropriate treatments to be carried out and how to behave in the community.

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WATCHOUT FOR HEAD LICE

Prevention and treatment



Sistema Socio Sanitario



Regione
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ABOUT HEAD LICE

A louse is a very small parasite (2-3 mm long), which lives exclusively on the head of a human being and feeds on blood. Every day the female lays 8-10 eggs (called nits), which hatch within 20 days producing new parasites.

The louse can only survive for a few hours off a human as it needs the warmth and food that is only found on people's heads. Pediculosis (i.e., having lice) affects people of all social strata, is not a sign of poor hygiene, does not transmit any disease and is not dangerous to health. Contact occurs from person to person, or through the exchange of combs, hats, clips, towels, scarves, pillows, etc. Do not expect to see lice jump!

Contrary to the most common legends, the louse can move quickly and remains fixed to the hair.

HOW TO RECOGNISE HEAD LICE

If you scratch your heads too much, something's wrong. The infection usually occurs with intense itching of the head. After a careful examination of the hair, you can see, especially at the nape of the neck and behind the ears, the nits (eggs), which resemble white/greyish, round and translucent dots and are slightly smaller than a pinhead. Unlike dandruff, with which they could be confused, nits are firmly attached to the hair by a particular sticky substance.

HOW TO PREVENT HEAD LICE

There are a few simple rules to avoid "getting lice":

- wash your hair at least twice a week
- comb and brush your hair every day
- keep long hair tied back
- wash brushes and combs often.
- check daily for the absence of lice or nits on the head.
- teach children not to exchange combs, hats, scarves, ribbons, clips and to avoid clothes being thrown on top of each other, especially at school, in the changing rooms of gyms and swimming pools.

Anti-pediculosis treatments as prevention are not necessary! On the contrary, there is a risk that lice will become resistant to antiparasitic products: treatments should be carried out only if you have lice.

