



Stay Calm!

The lice are here

Dear parents,

It has been determined that several children in your child's school or kindergarten have head-lice. It is possible that your child may also have lice in the near future.

Head-lice occurs frequently and has nothing to do with bad hygiene. Shampooing daily does not prevent lice. Transmission usually takes place through direct head-to-head contact, only in rare cases through shared hats, hair-combs or other personal objects. Lice cannot jump or fly. An infection through pets or water (swimming pools) is not possible.

Help prevent the spread of head-lice: check your child regularly! The earlier an infestation is discovered, the easier it is to treat. Read through our leaflet even if head-lice have not appeared within your family.

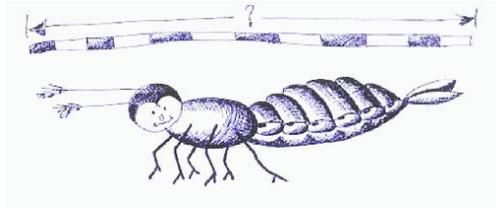
If you discover that your child has head-lice, inform school, kindergarten, day-care personnel, etc. and parents of playmates. This is the best way to protect your family as well as others.

If you have questions, contact the school medical services (Schulärztlichen Dienst Basel-Stadt), 061 267 45 20 or saed @bs.ch, or your pediatrician.

Thank-you for your cooperation.

Further information can be found under www.gesundheitsdienste.bs.ch and www.kopflaus.ch

Schulärztlicher Dienst Basel-Stadt St. Alban-Vorstadt 19 4052 Basel Tel. 061 267 45 20 saed@bs.ch



Staying 10 Steps Ahead of Lice

The most important facts

1. **Anyone** can get head-lice. Transmission takes place practically exclusively through direct head-to-head contact, only in rare cases through the sharing and exchange of hats, combs and other personal objects.
2. Only through a **repeated and careful examination** of all the hair, can an infestation be ruled out.
3. Every child should be examined who **scratches** his or her scalp or who is known to have lice in his or her social surroundings, class, kindergarten, gymnastic-club, family etc.
4. Before **treating lice with chemical** products (lice-shampoos) ask for advice from drugstore personnel. **One should only treat whoever currently has lice. Pregnant or nursing women, infants and toddlers, persons with illnesses or injuries of the scalp, allergies, asthma, epilepsy or other preconditions, must consult a doctor before treatment. Do not use chemical products as a preventive measure. Avoid repeated applications, no more than stated in the directions.**
5. Read through the entire directions. **To rinse out the product** lean the head forward over the bathtub-edge or sink in order to avoid unnecessary contact of the louse-shampoo with the rest of the body. Cover the eyes with a washcloth. Apply only in well ventilated areas. Wearing rubber-gloves is recommended. Check the effectiveness of the product repeatedly!
6. **All nits must be removed; this guarantees a complete treatment.** Use the special nit-comb intended for this purpose.
7. **Cleaning of bed linens, clothes, upholstery, toys etc:** do not expend unnecessary time and energy; a transfer directly from head to head is much more likely than through objects. Used sheets and linens can be washed at 60°C. Other items can be cleaned with a vacuum cleaner or left unused for 2 days. Additional measures are not necessary!
8. **Combs, brushes and other hair utensils** can be placed for 10-min. into hot, not scalding, water. It is recommended that each person in the household have his/her own hair utensils.
9. **Inform** your school, kindergarten, day-care, neighbors, etc.
10. **Long hair** must be tied up.

The removal of nits and lice with a good nit-comb is the most important part of the treatment!

Regular checks are the best prevention!

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