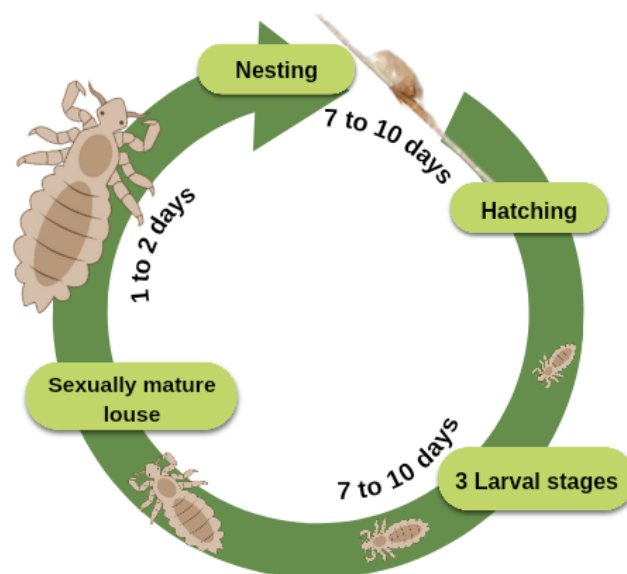




## The life of a head louse

|               |  |
|---------------|--|
| Appearance:   | wingless insect with 3 pairs of legs with brackets for climbing  |
| Size:         | female: appr. 2.6- 3.3 mm<br>male: appr. 2.4- 2.6 mm   |
| Color:        | pale grey, well-nourished: reddish-brownish  |
| Development:  | a female louse lays 3-8 eggs per day, a total of about 300 eggs  |
| Eggs:         | light-colored, ovate, attached to the hair like droplets with a water-insoluble, elastic secretion, often on the nape of the neck and behind the ears        |
| Larvae:       | are young lice, very small, suck blood   |
| Nits:         | are empty egg shells of head lice  |
| Occur:        | solely on human hair on the head   |
| Fodder:       | fresh blood from the host every 2-4 hours. Chance of survival without food usually max. 48 hours   |
| Lifeduration: | female: 30- 40 days<br>male: 15 days<br>ideal temperature: 28- 32 °C   |
| Infection:    | via head-to-head contact.<br>Anyone in the world can get lice, regardless of origin, age, social background. Lice infestation is not a sign of poor hygiene. |





## Acute infestation

It is **important** that the following points are carried out **as soon as possible** (ideally in coordination with other affected parties):

- **Treat lice / eggs with an anti-lice product from the pharmacy. Use the product exactly according to the instructions for use and in sufficient quantities. The hair should be completely covered by the product.**
- Carefully check all family members (including day care children) and if necessary, treat everyone **the same day**.
- Inform school / class teacher.
- Inform close contacts such as relatives, playmates, neighbours.
- Transmission via objects is very unlikely, therefore **intensive cleaning of the home and clothing is unnecessary**.
- Treatment with an anti-lice product must **be repeated after 7-10 days** (not before the 7th day due to the life cycle of the head lice).
- Use the days between treatments and use the conditioner method to remove as many nits as possible.

## Treatment

### Conditioner method

- Wash hair with conventional shampoo.
- Apply a large portion of conditioner to the hair.
- Comb hair with a wide-toothed comb.
- Comb strand by strand with a louse/nit comb, wiping off any lice and nits on household paper.
- Now rinse conditioner thoroughly.
- Use your fingernail to remove any remaining nits from the affected, isolated hair towards the tip of the hair.

### Prevention

- Tie up long hair (direct contact from hair to hair is minimized).
- Weekly check-up of the washed hair, optimally with the conditioner method (see box on the left).
- Treat hair with a product to prevent head lice infestation. Available in pharmacies or drugstores.
- Apply 1-2 drops of lavender oil to the crown of hair before contact with other children. Attention! Essential oils can trigger allergies.

All preventive measures never give 100% protection against a head lice infestation. However, they can significantly reduce the risk. If you are unsure, please ask a specialist.  
For more information, please visit: [www.sgkf.ch](http://www.sgkf.ch) or [www.lausinfo.ch](http://www.lausinfo.ch)