

Dear Parents,

Some cases of lice have been detected in your child's class. There is no reason to panic but you know that these parasites spread quickly ...

At school, they provoke quickly an epidemic and unfortunately arouse bickering and unnecessary shame.

Lice seek heat and usually lay their eggs (= nits) in the nape of the neck and behind the ears.

The nits are tiny oval-shaped whitish particles that are usually close enough to the hair roots (to avoid confusing them with dandruff, know that the nits adhere strongly to the hair).

I therefore ask you to be attentive to any sign attesting to the presence of lice in your child, such as for example abnormal itching of the scalp.

**After this inspection of your child's hair, 2 possibilities:**

**1. There is nothing to report:**

• In this case, there is no need for any treatment.

• Examine your child's hair regularly and explain the importance of not lending or exchanging personal objects that may be contaminated (such as bonnets, scarves, hair brushes, etc.)

**2.The lice are there:**

• Review all members of your family ...

• Next, place anti-lice treatment!

• We advise you to use a shampoo, a lotion or an anti-lice spray.

 Preferably choose a non-toxic product that also kills the nits.

 Your pharmacist will be of good advice

• **Please** **Observe the instructions for use of the product (duration of application, repeat treatment). There is no point in doing more because you may cause resistance of the lice to treatment!**

• Greener alternatives exist:

* Coat the hair with olive oil and cover with a film of food for 1 hour.

 Then wash the hair normally.

* Coat the hair with vinegar, leave to stand for 1 hour, apply the hair after the shampoo, pass the fine comb and rinse.

 Repeat every 2 days as long as there are nits or lice.

• Paint the hair slowly (possibly wicking per wick) using a fine comb. (You can also impregnate this comb of vinegar which will help to take off the dead

hair.)

• **For effective treatment**, check your child's hair **every day** and **remove the nits** as soon as you see them.

• You must reapply the shampoo after one week to eliminate any nits that would have been hanging after the first treatment.

But do not forget to look at your child's hair every day and remove

Slow one by one.

• **Do not forget to wash bedding, clothes, towels at 60 ° minimum.**

• Garments that cannot be washed at 60 °C should be locked in a plastic bag for 10 days (deprived of human blood, the louse does not survive!)

• **Soak combs and hair brushes in a mixture of water and vinegar** (half, half) before washing them thoroughly.

If you have any problems or questions, please do not hesitate to talk to your doctor or pharmacist.

I count on your collaboration to put the lice off.

In thanking you in advance, please accept, my sincere greetings.

The nurse.