



Dear Parents,

There is a case of pediculosis in your child's classroom.

Pediculosis of the scalp is a very common problem that can affect everyone, especially children.

It is a very contagious condition, and hygiene is not in question since we find lice on both clean and dirty hair.

Lice move quickly and are sometimes difficult to spot. You can notice them (and their eggs) by spreading the hair in the hot and humid areas of the scalp, at the nape of the neck, temples and under the bangs.

The child with scalp pediculosis will scratch their head and neck, but not always, because it takes three weeks between contamination and itching.

In most cases, once treatment is started, children are no longer contagious.

### **The treatment**

Hair treatment is based on two main measures, to combine:

- Daily elimination of lice and nits using a lice comb passed over wet hair. Pass the comb every day as long as the problem persists. If the nits resist the comb, remove them with the nails. A conditioner allows easier combing and facilitates the removal of nits.
- The local application of anti-lice shampoo or lotion. There are two types:
  - Product based on insecticide, if they are generally very effective, it should be noted that some lice have become resistant to these treatments. These are also products that can be irritating to the scalp and their long-term toxicity is not well known. Insecticides are harmful to health and the environment. Certain products are not recommended for young children and pregnant or lactating women.
  - Mechanical type product, which suffocates the lice. It is "dimeticone", synthetic oil based on silicone. There are also so-called "natural" mechanical pediculicides, based on vegetable oils. Be careful because some of these products also contain essential oils or other cosmetic substances, potentially harmful or allergenic for young children and pregnant women.

The anti-lice treatment started, your child must be in contact with clean linen, so as not to be contaminated again by lice or nits resident in his belonging.

Pediculosis is especially annoying because of the itching it causes and the significant contagiousness, but it is not dangerous in itself.

**The best prevention is regular inspection of the hair by parents** to detect possible contamination as soon as possible. Systematic checking of hair and prompt application of treatment are very important to increase the chances of eradication.

As soon as we notice a persistent pediculosis (after two reminders without improvement), your child can be ousted from school for a maximum of three days on the advice of the school doctor.

We count on your cooperation and believe, dear parents, that our decisions are made in the general interest of the students.

Best regards,

**The medical staff of Berkendael**