

## In brief

You've found head lice:

- Remove the head lice with a fine-toothed head lice comb passed through the hair after the application of conditioner, 2 to 3 times a week, for one month
- Reinforce the action with an anti-head lice product containing *dimeticone*, applied on the 1st and 8th day (15th day)

No preventive treatment

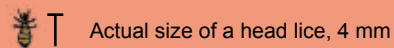


## Learn more about head lice

- Are passed on by direct head-to-head contact
- Like clean hair just as much as dirty hair
- Feed on human blood
- Die in 48 hours, after dropping off the scalp
- Cling to hair, avoid light, cannot jump or swim, move quickly

## The lifecycle of the head lice

- A head lice is a greyish insect up to 4 mm long which lays 7 to 10 eggs (nits) per day at the base of hair strands (first centimetre of hair)
- After 7 to 10 days the young head lice are born
- 7 to 10 days later they become adults and reproduce



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Illustration: Simon Tschopp

# Head lice are back!

Look for them,  
treat them only  
if you see them



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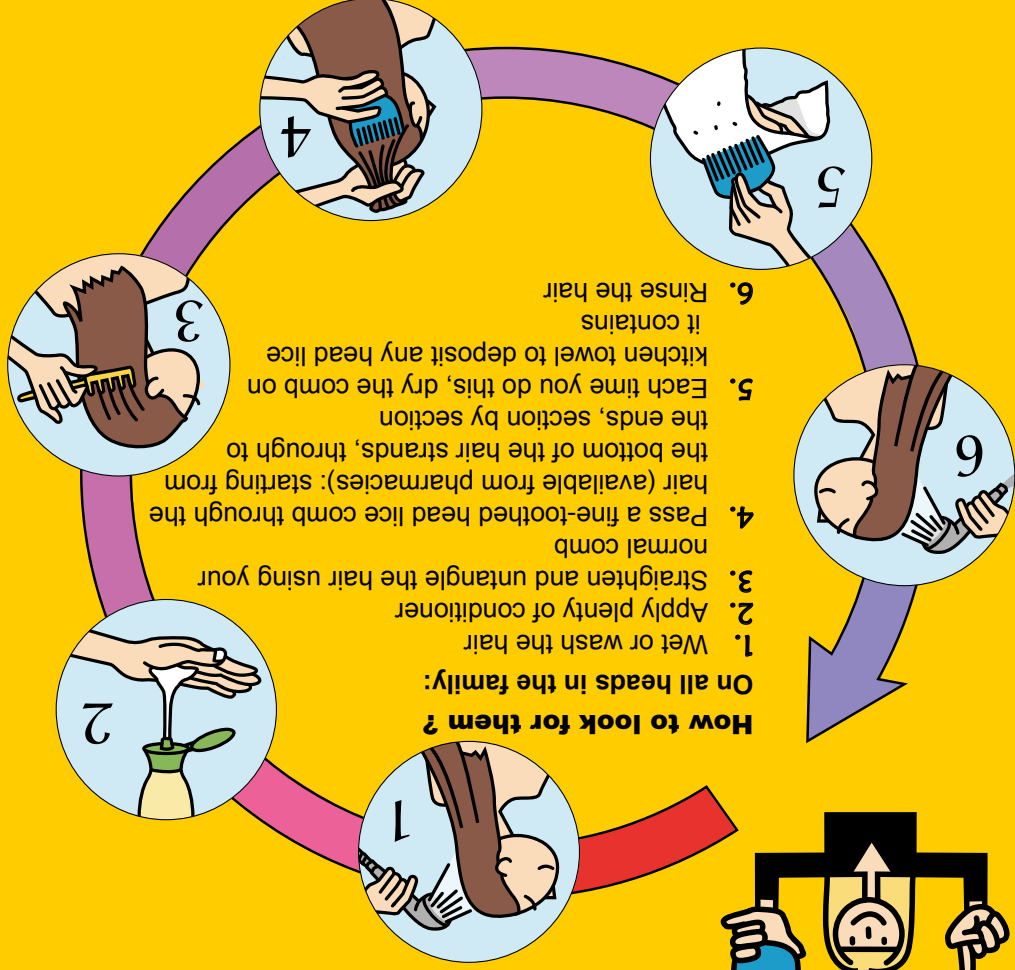
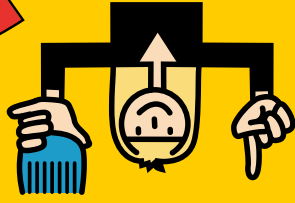
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- When to look for them ?**
- If head lice are present in your immediate circle (school, crèche, family, friends, etc)
  - Itchy heads
  - If nits are present at the base of the hair (like dandruff, but difficult to remove)



**You find nits**

- Do not treat
- Remain vigilant, head lice may appear on two further occasions during the week



**You find nothing**

Repeat the process in a week's time



**You find head lice**

- Inform your child's teacher
- The same day: check all family members and treat those who have head lice
- It is not necessary to clean bedding, clothing, soft toys, etc
- Preferably, use a different hair brush for each person



**To eliminate head lice :**

- Wet the hair, apply conditioner, pass a fine-toothed head lice comb through the hair: 2 to 3 times a week for 1 month
- To reinforce this action, buy from the pharmacy a product that kills head lice, contain in *dimeicone*
- follow the instructions for use, taking the recommended precautions
- 2 to 3 treatments are necessary (1st – 8th and 15th day)



**If the treatment doesn't work**

- Check the heads of **everyone in the family** again
- Buy a **different** product for the treatment of head lice (*malathion, permethrin*): carry out 2 to 3 treatments (1st – 8th – 15th day)
- To reinforce the process, use the fine-toothed head lice comb every other day for 1 month

