

# IF WE ALL THINK AHEAD WE CAN BEAT HEAD LICE FASTER

Anyone can catch head lice. Head lice are a common problem and the cause isn't poor hygiene. Head lice are nothing to be ashamed of. In fact, an estimated 50% of all families in Sweden have been affected at some point.<sup>1</sup> If you find that your child has head lice, you will want to get rid of the head lice as quickly as possible. Having head lice treatment ready at home is a reassuring and practical solution.

## When your school or pre-school has an outbreak of head lice:

- 1 Comb your child's hair through with a nit comb frequently**  
When you buy head lice treatment, the pack often includes a nit comb. Combing the hair frequently using a nit comb, preferably over a sheet of white paper, is the best way of spotting head lice. If you find combing tricky, there's also a product available from the pharmacy that can spot head lice eggs (nits).
- 2 If you find head lice, start treatment immediately**  
Check the whole family and treat everyone affected with a medical device treatment for head lice. A treatment defined as a medical device means that the treatment suffocates or dries out the lice instead of killing them with toxic insecticides. These treatments don't cause resistance.
- 3 Tell teachers or the school nurse**  
To avoid an outbreak of head lice spreading, and your child being re-infected over and over again, it's important to inform school staff that your child has head lice. Also contact other members of your family. Who knows, maybe grandma's scalp is itchy too.

References: 1. Prime research 2013.



GEL



SCHAMPO



SENSITIVE

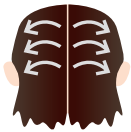


SPRAY

# NIT COMBING – THE ANSWER

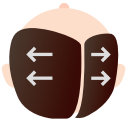
It's important to comb through the hair using a nit comb to discover head lice, to remove dead head lice and to check that treatment has worked properly. Comb in daylight, ideally over a white sheet of paper, to make it even easier to discover these unwanted guests. Pay particular attention to the scalp behind the ears and around the neck.

**Note:** Wipe the comb after each stroke.



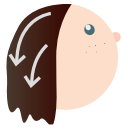
## 1. Back of the head

Make a central parting and comb through the hair on both sides of the parting. Then make a new parting next to the first and comb through. Continue in the same way until all the hair has been combed through.



## 2. Top of the head

Comb through the hair on the top of the head using the same technique as before.



## 3. Comb hair from the forehead down to the neck.



## 4. Comb from the neck up to the forehead.

**Tip:** If you find combing tricky, there's also a product available from the pharmacy that can spot head lice eggs (nits).

Would you like this information in another language? See [paranix.se](http://paranix.se)

