

**Landratsamt Bayreuth
Abt. Gesundheitswesen**

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To the parents of

- the pupil
 the child at nursery school

Keep in mind

1. Two treatments are necessary at the **proper** interval (see below).
2. Nits are not any longer contagious if more than one centimetre away from the scalp
3. Parents must inform the nursery school/school.

Attention! Head Lice!

Everybody can get head lice!

Head lice are not caused by a lack of personal hygiene. Even when you take care and wash your hair consequently, you may get infected. The main reason for giving lice to someone else is not knowing enough about the way of passing on, multiplying and controlling the parasites.

Lice are always passed on from infected persons or objects.

Dear parents,

In your child's class resp. nursery group individual children have got head lice. Your child is endangered, too.

Examine your child

Please examine your child's hair carefully and even the hair of every member of the family at least once a day for the following days and weeks.

Check if there are any head lice or nits. The Robert-Koch-Institute recommends treating the washed hair with a commercially available conditioner.

Then divide the hair into strands with a special comb for nits and comb each strand. Wipe the comb after each action on a white towel to notice nits, lice and larvae.

At the end you wash out the conditioner. If a member of your family is infected by head lice, you have to treat this person with a licensed remedy twice at intervals of 7 to 9 days.

Treat your child

if you have found a single louse or nit. "Old" nits which are more than 1cm away from the scalp involve **no risk**.

You can get shampoos for head lice at the chemist's with or without a prescription.

The treatment is neither painful nor complicated or smelly and can be done at home.

The treatment has to be done twice a day on the first and ninth day (8-10)

Apart from this the Robert-Koch-Institute recommends doing the wet combing out (as described above) four times on the 1st, 5th, 9th and 13th day to support the treatment. Ideal would be a further repetition on the 17th day.

To avoid getting lice immediately again it is necessary to clean combs, hairbrushes and clothes brushes carefully. Towels, linen, underwear and clothing have to be washed (minimum 60 ° C, more than 10 minutes) and not used for at least one week

Finally you may starve out lice on objects, clothes and in rooms.

The warmer it is, the faster the lice starve.

Put non-washable clothing, furry soft-toys etc. in plastic sacks and store them at 18°C for around 4 weeks.

Infected rooms – private ones or schools resp. nursery schools are lice free without using any chemicals by not staying in them and overheating them at the same time. A louse can only survive at 25°C to 30°C for 2 days.

We draw your attention to the fact

that your child is not allowed to attend school, nursery school or any other collective establishment when being infected by head lice. This is laid down by law (IfSG, §34). You are obliged to inform the institution about head lice.

You may be asked to supply proof of having accomplished a double treatment (see above). If, in individual cases, there should be any doubts concerning the successful treatment, especially the second treatment, school or day nursery may exclude the child from the premises until the end of the treatment (the risk of infection has passed).

Yours sincerely
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Dr. von Stetten
Medizinaldirektor