



Head lice infect by head/hair contact.



You may have head lice – and still not feel any itching.

PARTICIPATE IN THE DE-LOUSING WEEKENDS IN WEEKS 10 AND 35.



LETS HELP EACH OTHER

LUSFRI NORGE

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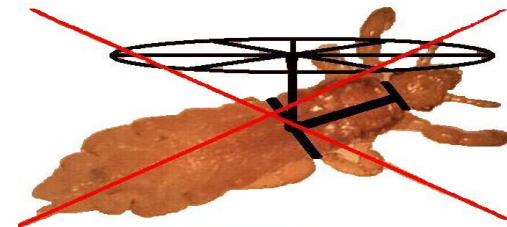
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HEAD LICE



**CAN
NEITHER
JUMP
NOR
FLY!**



**BROCHURE ABOUT
HEAD LICE FROM
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FACTS ABOUT HEAD LICE



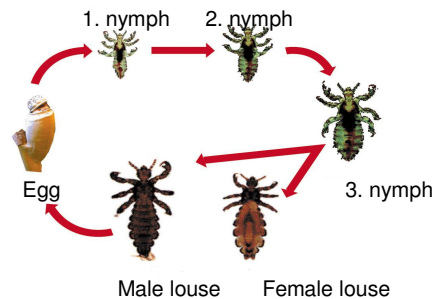
- Lice have been a problem for humans since time immemorial.
- Head lice (*Pediculus capitis*) live in the hair near the scalp.
- Lice are most comfortable in the t-zone from the neck, up towards the top of the head and over to the temples.
- Human blood is the lice's only source of food.
- An adult louse needs blood twice a day in order to reproduce.

- Head lice are small wingless insects which can neither fly nor jump.
- Adult lice are small: 2-3 mm long, and are anywhere from almost translucent to being dark brown in colour.
- Head lice have 3 pairs of legs, with specially designed claws for crawling and holding onto hair strands.
- Lice move extremely fast in dry hair.
- They are almost impossible to see if one doesn't use a lice comb.

Anybody can be infected!

- Lice thrive with all kinds of people regardless of skin colour, hair colour or religion.
- If you have hair and a scalp with a possibility for giving a meal of blood, then you are the perfect candidate for carrying the lice's genes further.
- Head lice infect by head/hair contact.
- Most often it is children between the ages of 3 and 12 years who are infected by the insects.
- Head lice from humans do not live on household pets.

An adult female louse can lay up to 8 eggs a day. After mating she can lay 56 eggs. The eggs are 0.3 x 0.8 mm. (they resemble small grains of sand). The eggs attach themselves to the strands of hair using a secretion, and become "glued" to the hair. The eggs are laid approximately a couple of centimeters from the scalp, and hatch after 6-8 days. It takes about 3 weeks from when the egg is laid to when the louse can lay eggs itself. The normal lifespan for head lice is about 6 weeks. Lice which fall out of the hair by themselves, are often on their way to dying.



How to discover lice?

It is much easier to discover lice while you are combing with a lice comb if you lean your head over a white towel. Comb dry hair. Stand with the head over a sink, bathtub, tablecloth or similar. Head lice thrive best in the under layer of hair, and will reach down easier when you comb the hair. If any of the "bits" move, you can be assured that it is most likely head lice.

SIMPLE ADVICE AND TIPS ABOUT HEAD LICE

What can be done as a means of prevention against lice?

- Take your time to comb the hair regularly with a lice comb. Don't forget to comb the whole family! The earlier you discover the problems the faster it will be to get rid of them.
- Participate in the de-lousing weekends in weeks 10 and 35, and encourage all those in your neighbourhood to do so likewise.
- Be precise when you comb. Lice and eggs are extremely small and difficult to see properly.
- Don't use others' caps, combs or brushes.
- Don't use chemical agents as a means of prevention as this can lead to the lice becoming resistant to medicines.
- Children with long hair should put their hair up or in braids.

What should I do if I become infected?

- Comb everyone in the family to see if others are infected.
- Treat everyone in the family who is infected at the same time.
- Follow the instructions on the medicines carefully.
- It is important to break the lifecycle of the louse as early as possible. Therefore choose a method of treatment which is best suited for you, and which will ensure that you are rid of the lice in an effective way.
- If you find many eggshells, then you have been infected for a long time. If however, you find many new eggs, then you have been recently infected.
- Continue to use the lice comb for a few days after you have been lice-free. You can then be sure that you have used an effective method in the treatment of head lice.
- Comb regularly as a means of prevention.
- Sterilize the comb or brush by boiling or freezing so as not to infect the rest of the family.
- Try to find the source of the infection. Inform other parents that you have been infected so that they can also check family members for infection otherwise the risk of infection increases. Having head lice is nothing to be ashamed of. One does not get infected by lack of good hygiene in fact the lice thrive best in clean hair.
- Wash bedsheets at 60° C. Caps, teddy bears, and sofa pillows can be put in the freezer overnight or in the dryer at 60° C for about 5 minutes.

It's not embarrassing to have lice, but it is embarrassing not to do anything about it!