

## DU KAN STOPPA HUVUDLÖSSEN!



**Avlusningsdagarna  
12-14 september**

Dina barn kan ha löss utan att Du vet om det...

Om vi undersöker barnen samtidigt, minskar risken för huvudlöss-epidemier.  
Ta fram lusammen och kamma du också!

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# AVLUSNINGSDAGARNA 12-14 SEPTEMBER

Time to fight headlice together!

## How do I get the best result when combing with lice combs?

Use a regular comb or brush to untangle the hair. Keep the hair dry or wet it lightly and start combing with a tight lice comb. You can use some spray balsam to make the combing easier. To better see the lice and eggs that fall down from the comb you can use a white sheet of paper or a mirror to shake the comb on.

1. Start combing the crown of the head. Divide the hair into sections



2. Comb section by section thoroughly. Those sections that have been combed should be kept separate from those not yet combed. Continue down to the neck.



3. Be extra careful when combing the neck line and behind the ears, since lice are very fond of these areas.



Don't forget to clean all combs or brushes you might have used. Metal combs can be sterilized in boiling water.

## Don't forget...

It is important to also remove all nits to break the biological lifecycle of lice. Nits are strongly attached to the hair shaft and are difficult to remove. Tip! Choose a lice comb that is very tight. You should feel some resistance when you comb through the hair. This increases the chances of removing more lice and nits (eggs) when combing

*Together we can avoid lice epidemics!*

## Help us stop lice epidemics

To avoid having problem with lice infestations at our school, we would like to encourage all parents to join the anti-lice campaign:

### Avlusningsdagarna this weekend 12-14

**September.** Even if your child/children has/have not yet been affected, there is always a risk of contagion if we all don't regularly check for lice with fine combs as a matter of prevention. The earlier we discover lice infestations, the earlier we can get rid of them!



All you need to do to join the campaign is comb your child/children hair with special fine lice combs during this weekend

### Using a lice comb is the most important!

You can be infested with lice without having noticed it yet, as it sometimes does not give you an itch from start. The best way to discover and treat lice is the regular use of fine combs. If you found an infestation, tell others. Spread the news, not lice!

### To think of when choosing a fine comb...

Fine combs are used to discover and drag head lice and nits (lice eggs) from hair. A good comb should have long teeth with very little space between them, in order to effectively drag nits away from the hair and not letting them pass through between the combs' teeth leaving them behind. Drag your thumb along the comb if the teeth easily open up, means it will be harder to drag nits away from the hair.

If you have lice we recommend treatment and daily combing until all persons infested are free from lice. Tell others, so they can also be checked and treated at the same time. Thereafter, we recommend weekly checks with fine comb during the whole school term, in order to prevent further infestations.

So don't miss the chance, use your fine comb and help us avoid lice infestations!!

