

It is important :

- 1) to remove the nits with a narrow-toothed comb after using the product.
- 2) to check regularly all the family members.
- 3) to wash the sheet, pillow-cases and clothes using hot water (more than 54° c); the articles of clothing that can't be hand washed should be dry-cleaned or put back in the wardrobe in plastic bags for ten days.
- 4) to soak brushes and combs in hot water, at least 54° c, for five minutes or clean them with the product used to kill the lice.
- 5) To clean the sofas, carpets and the car seats with the vacuum-cleaner
- 6) To repeat the cure with the medicine after 7-10 days.

Moreover it is important to know that:

you can return to school only after the treatments

- at school the children shouldn't be isolated or sent back home if they have the lice
- the file of intervention could be unloaded on the site of the ASL:
www.asl.varese.it/guidaalservizi/bambini

Remember:

It is wrong to use the products to kill lice if there isn't any insect, the only exception concerns the person who shares the bed with the person who has lice.

For further information and advice consult the doctors of your health district.

If you want to know more about it consult the following web sites:

www.guidagenitori.it

www.iapb.it

www.ministerosalute.it

www.ilpidocchio.it

www.cdc.gov/ncidod/dpd/parasites/lice/factsheet_head_lice_treating.htm



A.S.L.
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**DIREZIONE SANITARIA
DIPARTIMENTO DI
PREVENZIONE MEDICO
SERVIZIO MEDICINA PREVENTIVA
NELLE COMUNITA'**

Prevention of the pediculosis in communities



FREE FROM THE LICE



Draw: Giorgia Donà



VITAL CYCLE OF THE LOUSE

The louse of the head is a small insect, grey-whitish coloured, with no wings, with a flat body and the legs with particular hooks that let it cling strongly to the hair; it has, moreover, a buccal apparatus capable of piercing the skin and of sucking the blood. It is a parasite (an organism that lives at the expenses of other organisms) and it feeds stinging the part of the body that is hit. It lives and reproduces on human being (hair, eyelashes, eyebrows, beard) preferring the nape of the neck and behind the ear. The main symptom, that may be missing, is the itch caused by an allergic reaction to the spit of the parasite.

It doesn't represent a danger to the health, because it doesn't transmit any disease.

The transmission takes mainly place for direct contact, head with head, or indirectly while entering into contact with personal effects such as combs, brushes, hats, scarfs, etc.

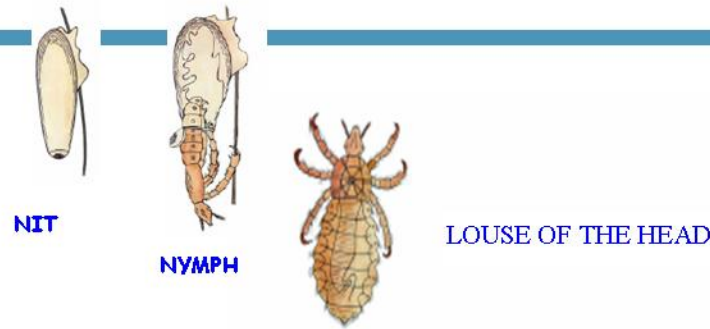
Almost thirty seconds are necessary to the louse to transfer from a head to another.

When it is far from the scalp the parasite survives only 24-48 hours.

The female of the louse, during the 3-4 weeks of her life lays almost 100-300 eggs (the nits) on an average of 5 a day

The nits, whitish coloured, have an ovoidal shape and they are 1 millimetre long, are stuck to the hair, a few millimetres from the scalp, with a natural glue that is very difficult to be melted, and they follow the growth of the hair.

After 6-10 days they hatch giving birth to a nymph that after 7-13 days becomes an adult louse.



PREVENTIVE MEASURES

It is impossible to prevent completely the lice infestation. The children in particular in the communities, are often in contact with their heads and they often exchange personal objects (hats, etc.) The diffusion of lice is not due to the length of the hair

It isn't a sign of dirt and it can be found everywhere among all social classes.

The following preventive measures proved to be efficacious:

Check carefully (in particular the nape of the neck and behind the ears) every time you wash the head, to exclude the presence of nits. It is better to use a fine-toothed comb.

Suggest children to avoid the exchange of personal objects such as combs, hats, scarfs, clasps, etc. Teach children to avoid to heap clothes (above all in the schools and the gyms every child should have a personal wardrobe)

Check periodically all the members of the family in particular the children in case of infestation.

TREATMENT

It is possible to find a lot of products but only some of them are really efficacious. They must be recommended by the doctor who will give you the right remedy and cure. Be careful to follow the instructions written in the illustrative sheet.

It is necessary to choose cream products, foam, gel or lotion, because they are more concentrated and effective, while you ought to avoid shampoo products.

These products must be kept far from the places the children can reach.

The permethrin at the 1% is considered the most efficacious medicine against lice. It is a synthetic pyrethroids that kills both the lice and the eggs and unlike the natural pyrethrins, doesn't cause allergic reactions in those who have sensitivity to the chrisantemums. It is well tolerated, even if you can have local skin reactions; it is not recommended under 6 months. It can kill the nymphs that emerge from the eggs and that were not killed by the treatment.

The cream based on permethrin is applied on the hair for 10 minutes and abundantly washed.

It is possible to use other products too that contain pyrethrins and piperonylbutoxid or malation at 0.5%. You can also buy products that act physically, the dimeticone at 4%, that wraps the lice and the eggs with a pellicle that chokes and a mixture of natural oils that obstruct the respiratory apparatus of the insect.