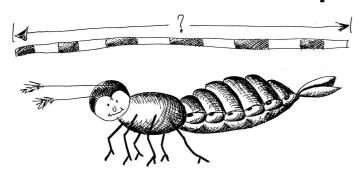
Advice in 12 paragraphs



How to be a hair's breadth ahead of the lice

- 1. **Anybody** can get infested with head lice. Lice are transferred by close personal contact, head to head, and in some cases by sharing hats, combs and other personal objects.
- 2. You can only be sure that the child's head is not infested if you examine his hair **carefully** and on **repeated** occasions.
- 3. The major complaint of people afflicted with head lice is **itchiness of the scalp**. Children who scratch their heads, as well as those who have come into contact with an infested person should be examined.
- 4. Before using any insecticide (lice shampoo), get advice from your local pharmacy. A chemical treatment should be used only if an infestation with head lice has been proven. Pregnant or breast-feeding women, babies, small children, people who have illnesses or wounds on their scalp, who have allergies, asthma, epilepsy or any pre-existing illness must consult their doctor before applying chemicals to the scalp. Don't carry out any kind of preventive treatment. Avoid repeating treatments more often than advised in the manufacture's instructions.
- 5. You must follow all advice written on the manufacture's instructions. **While rincing out the chemical** the head must be bent forward above the bathtub or the wash-basin; never should the child take a shower or be in a bathtub. The eyes should be covered with a towel. The room must be well ventilated. It is recommended to use rubber gloves.
- 6. Get into the habit of head lice hunting using your fingernails or a fine- toothed comb on wet hair. You must get rid of all the nits.
- 7. Wash sheets and clothes at a temperature of 60° C. Brushes, combs etc. can be sterilized in hot (not boiling) water.
- 8. Furniture and toy animals made out of cloth, as well as covers, the inside of the car etc. can be best cleaned with a vacuum cleaner. Not using them during two days is effective as well. Insecticides are not necessary.
- 9. Inform your school, kindergarten, daynursery, dayschool, neighbours etc.
- 10. Avoid exchanging hats, scarfs, helmets, combs, brushes, hairpins and hairbands and other personal objects. They must be kept in separate closets.
- 11. **Long hair** must be tied together.
- 12. Do check at regular intervals. If you begin early treatment you reduce the chances of sharing your guests with close friends and family. This is the best protection for your child as well as others!

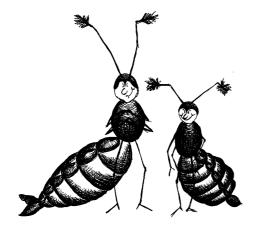
Removing head lice and nits by hand or wet combing is an important part of the treatment!

Controlling regularly is the best preventive measure!

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Watch out, but keep cool

The lice are around

Dear	parents	of	

Head lice have been detected in the school or kindergarten attended by your child. Sometime in the future your child could also get infested with head lice.

Lice infestation is not caused by inattention to personal hygiene and has been observed in nearly every inhabited area in the world. Washing your hair daily doesn't keep you from getting infested. Lice are transferred by close personal contact, head to head and by sharing hats, combs, brushes and other personal objects. Lice don't jump or fly. Infestation is not caused by pets or water (swimming pools).

Please, help us keep the lice from spreading: during the next few weeks check your child's head regularly! If you begin early treatment, you reduce the chances of sharing your guests with close friends and family. The earlier you detect lice infestation, the easier the treatment is.

If you detect head lice on your child's head, please inform the school, kindergarten, day school or day nursery, as well as the parents of the child's playmates. This is the best way to protect your family as well as other families.

Thank you for your assistance.

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