

DU KAN STOPPA HUVUDLÖSSEN!



**Avlusningsdagarna
13-15 FEBRUARI**

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

Om vi underökar barnen samtidigt, minskar risken för huvudlöss-epidemier.

Ta fram lusammen och kamma du också!



Sponsras av: www.LusFri.nu

AVLUSNINGSDAGARNA 13-15 FEBRUARY



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!

Small habits that stop big lice outbreaks!

Head lice are persistent. Not because they are dangerous – but because they are good at sneaking around. They spread when heads come close together – in the classroom, at after-school care, during play, movie nights and sports activities. Sometimes you can have lice without knowing it, since it does not always itch when you are affected. But there is a simple way to stay one step ahead... The smart habit: lice combing!



Regular lice combing makes it possible to detect lice early – before they have time to multiply and spread further. Just like other preventive routines in everyday life, it's not about suspecting a problem, but about avoiding one. When lice combing becomes a habit: infestations are detected early, the risk of long-lasting lice outbreaks decreases, and both children and adults are spared unnecessary itching, worry and treatments..

When many people do a little – a lot happens!

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 **13-15 February**.

Avlusningsdagarna are based on a simple idea: when many families comb during the same weekend, the chain of transmission is broken. That is why the campaign makes a difference – not through lengthy efforts, but through **coordination**.

What you need to do to participate is simply to comb through your child's hair with a lice comb during the campaign weekend. The more of us who comb, the greater the chance we can avoid head lice problems during the term.

If you have lice, you can spread them to others. Let people around you know if you have lice so they also have the opportunity to check, and everyone can be treated at the same time. Spread the news, not lice!

Make it easy to do the right thing

Lice combing doesn't have to be a project. On the contrary – it works best when it is: short, recurring, and a natural part of everyday life.

Many families comb on the sofa, after a shower or in connection with hair washing. Some even turn it into "lice-combing cozy time" – a calm moment together, perhaps in front of a favourite TV show. Short sessions – but often – are far more effective than waiting.

To think of when choosing a fine comb...

Use a lice comb to detect and remove live or dead lice and eggs. A good lice comb should be very fine-toothed and preferably have long teeth for maximum reach. The teeth should not spread apart during combing. Run your thumb across the teeth – if they easily spread apart, it will be harder to remove lice and their eggs. Choose a comb that is tight and holds its shape while combing.

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

