

## DU KAN STOPPA HUVUDLÖSSEN!



**Avlusningsdagarna  
16-18 Februari**

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

Ta fram luskammen och kamma du också!

sponsras av: [www.LusFri.nu](http://www.LusFri.nu)

# AVLUSNINGSDAGARNA 16-18 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!*

## Lice combing: a routine just as important as tooth brushing

Regular use of lice combs is important for keeping lice away from our heads, just like brushing your teeth keeps them healthy avoiding cavities. Already in the ancient Viking era, was (lice) combing an important part of the daily routine. Combs found in Viking graves show that it was such an important personal object, that they even brought it with them to their grave! Somewhere along the way we lost the habit of daily combing us with a lice comb, and lice can nowadays be a problem among our children in schools / kindergartens.

The question is, if our ancestors found it important to daily comb themselves with a (lice)comb, isn't it time for us that we take into us the old habit again and do the same? Do as the Vikings and strike a blow against the lice! Make it a routine and use a lice comb at least once / week, preferably every day or whenever you wash your hair.

## Together we can stop lice, join the campaign Avlusningsdagarna 16-18 February!

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 **16-18 February**. 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!**

You can be infested with lice without having noticed it yet, as it sometimes does not give you an itch from start. If you find 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 Don't miss the chance, use your fine comb and help us avoid lice infestations!!

