

## Head lice campaign

The Norwegian Institute of Public Health recommends all families with children in school or childcare to take part in the campaign against head lice.

Children and staff at schools and childcare centers, as well as their family members should be checked for lice. To fight head lice, it is important that as many as possible will be checked so that the head lice are detected and treated at the same time.



### How to check for head lice

- Comb the hair with a lice comb (available at pharmacies).
- Comb from the scalp to the tip of the hair.
- Comb through wet hair, as this stops the lice from moving.
- Use conditioner to ease combing.
- Wipe the comb on a white paper towel after each stroke and check for lice. Once the lice dry, they will start to move again within a few minutes.
- When combing dry hair, bend over a white towel so you can spot if any lice drop from the hair.

Watch this film about how to check for head lice: <https://vimeo.com/207788522>

### Did you find lice? This is how to get rid of them

There are three ways:

- Lice treatment (available at pharmacies). Agents containing dimethicone are recommended. Follow the enclosed instructions carefully.
- Comb the hair daily for 14 days with a lice comb. Watch the instruction video above.
- Cut the hair shorter than 0.5 cm.

### Useful information

- Children with head lice do not need to be kept home from childcare or school, but treatment should start as soon as possible.
- Head lice are not harmful but can be irritating. Some experience itching, while others do not.
- Head lice transmit by head-to-head contact, not from hats, stuffed animals, bedding or other objects. They can be transmitted regardless of age or hair type.
- Head lice are quickly impaired when away from a head. You do not need to wash clothes, furniture or your residence.
- The Norwegian Institute of Public Health recommends that children should be checked for head lice at least once a month. If you discover head lice, it is important to notify the nursery/school and your closest friends so that people in your circle of friends can increase their lice checks.

Thank you to everyone who picks up the lice comb and checks themselves this weekend, together we can fight head lice! 😊

Read more about head lice here: <https://www.fhi.no/en/op/skadedyrveilederen/lus/hodelus/>