

## Head lice

- The head louse is a translucent, wingless insect. The louse egg is oval-shaped and resembles a grain of semolina.
- The infection is not caused by poor hygiene and can affect anyone.
- Head lice cause itching, but the infection can also be asymptomatic.
- You can get lice through direct contact with hair, a hairbrush, a hair tie or a headpiece.

### Do this

- Check your child's hair, and if you find lice, inform the daycare or school.
- Tie your child's long hair back to reduce the risk of infection.
- Do not lend your hat, hairpin or hairbrush to others.

### This is how you detect and treat head lice

- Examine the scalp and hair.
- Use a fine-toothed lice comb. Comb through all the hair from root to tip.
- If one family member has head lice, perform a lice check on everyone living in the same household.
  - If a child under 6 months old has head lice, consult a doctor.
  - If the infected person has multiple homes, a lice check should be done in all homes.
- Use a lice treatment product, such as lice shampoo.
  - these products can be purchased at the pharmacy without a doctor's prescription
  - use the product according to the instructions on the package.
- Comb the hair carefully with a lice comb before and after the treatment. Continue combing at least every other day for two weeks.
- Repeat treatment if it is recommended in the instructions or if you find living lice after the first treatment.
- The child can return to daycare/school on the day after the treatment.

*Please note*

- Treat only those who have lice or lice eggs with lice shampoo or a similar product. Treat all infected individuals living in the same household at the same time.
  - If the infected person has multiple homes, treatment should be done in all homes.
  - Asymptomatic household members should continue combing with a lice comb at least every other day for two weeks.
- Lice eggs may still be found in the hair even after a successful treatment.
- Place combs and brushes in water at least 60°C for 30 seconds or in boiling water for 10 seconds.
- Wash hats, bedding and towels with laundry detergent at 60°C.
  - if the fabrics cannot be machine washed, seal them in a plastic bag for 2 weeks.
  - Freezing (-20°C) and heat (80°C) will destroy lice and lice eggs within a few hours.
- A video in Finnish on detecting and treating lice: [Päätäitartunnan toteaminen ja hoito \(YouTube\)](#).