



## HOW TO BUG BUST

### Detection and treatment of head lice

If you suspect your child has head lice or have been told that head lice is a problem at school then the most effective way of checking is the **wet combing method**, as lice cannot move when wet and can be removed easily:

- **Wash and condition** your child's hair, leaving the conditioner on.
- Comb through to remove tangles and then **divide the hair** into segments
- Carefully **comb through each segment using a fine toothed detector comb**
- **Check** the comb for lice between each stroke and remove them if present.
- **Treat with an appropriate preparation only if live lice are present.**
- It is important that **only** the affected members of the family are treated with chemical preparations. However, every household member must be checked.
- **Please inform** the school if you do have to treat your child so we can ask other parents to check their children too.

### TREATMENT OF HEAD LICE

#### Detector combs

These can be bought at your local Apotheek .

You need only purchase one comb per family, ensuring that it is cleaned between each use.

#### Head lice treatments

These can be purchased from your local Apotheek. Most pharmacists will be able to speak English (if in doubt the Dutch word for head lice is "hoofdluis") and it is important to ask their advice.

#### Wet combing or "Bug Busting"

Some parents may not want to use chemical preparations on their children's hair so may wish to treat the problem using wet combing only. This is carried out by **wet combing every other day for 14 days**. The effect will be to remove the nymph (baby) lice from the head as they emerge from the eggs. Passing them on is not a risk during this process, as lice will not migrate until they are mature, which is at approximately 7 days old.

After fourteen days all the live lice will have been removed.

#### Empty egg cases (nits)

Treatment with the above methods will be very effective in eradicating live head lice from the hair but it will not remove the empty, or dead, egg cases. These are stuck to the hair shaft with a strong glue like substance which can then only be removed from the hair shaft by picking them out! It is the presence of these egg cases after treatment, which may make you think that the treatment has not worked, which in most cases is not true.

Picking them out takes time but is essential to rid the head of the egg cases. However, a preparation is now on the market, which claims to dissolve this glue-like substance, making the removal with a fine toothed comb much easier. This preparation is called **NEETEX** and is a cream rinse recommended for use after treatment with an insecticide treatment.