

Head Lice

Head lice are tiny bugs about the size of a sesame seed. They live in the hair and bite the scalp to suck blood. They do not fly or jump, but they can move very fast. This makes it hard to find them in the hair. They infect people of all ages and races, but are less common in African American children because of the shape of the hair shaft.

Nits are the eggs of the lice. They look like yellowish white or brown dandruff. Head lice attach their eggs to shafts of hair with a waterproof “glue”. The eggs are laid close to the scalp. Look for eggs at the back of the neck and behind the ears. These eggs cannot be washed out or brushed out of the hair. They must be picked out one at a time.

Causes

Lice can spread quickly from one person to another if the persons:

- Share hats, scarves, combs, brushes, hair clips or barrettes, hair bands, helmets or clothing
- Lie on the same bed, couch or carpet
- Play close together
- Use items stored in closets or lockers that have the lice or eggs on them

Vaške

Vaške su male bubice približne veličine sjemenke susana. Žive u kosi i krv sišu grickajući tjeme. One ne lete i ne skaču, ali se mogu kretati veoma brzo. Zbog toga ih je teško naći u kosi. One napadju ljude bez obzira na starosnu dob ili rasnu pripadnost, ali su rjeđe kod djece afroameričkog porijekla zbog oblika njihove dlake (kose).

Jajašca vaški se zovu gnjide. Izgledaju poput žučkasobijele ili smeđe peruti. Vaške prikače jajašca na dlaku „ljepilom“ koje se ne rastapa u vodi. Vaške izlegu jajašca blizu tjemena. Jajašca treba tražiti u donjem dijelu potiljka prema vratu i iza ušiju. Ova jajašca se ne mogu oprati ili iščešljati iz kose. Iz kose se moraju vaditi jedno po jedno.

Uzroci

Vaške se brzo šire od jedne do druge osobe ukoliko:

- dijele iste kape, šalove, češljeve, četke, šnale ili klipse za kosu, gumice za kosu, zaštitne kacige ili odjeću;
- leže na istom krevetu, kauču ili tepihu;
- igraju se blizu jedna druge;
- iz ormara ili školskih ormarića koriste stvari na kojima se nalaze vaške ili jajašca.

Signs

- Itching or tickling feeling that something is moving around or tickling the head.
- Red marks or sores on the scalp sometimes with drainage and crusting. These are often found behind the ears or on the back of the neck. If the skin is scratched open, the sores can get infected and must be treated by your doctor.
- Scratching the head. Sometimes it takes weeks for a child to start scratching.

Treatment

Your child's doctor can suggest a medicated lice shampoo, cream or lotion. You can buy some lice products, such as Nix Crème Rinse, at your local pharmacy without a prescription. Some of the products will have a special nit comb in the package or you can buy one separately. This special comb can help find and remove eggs. It is very important to remove all of the lice eggs and to treat all family members.

Znakovi

- Osjećaj svraba ili golicanja, kao da se nešto kreće po glavi ili vas golica.
- Crvene flekice ili ranice po tjemenu koje ponekad cure i stvaraju se krastice. One se često nalaze iza ušiju ili u donjem dijelu potiljka prema vratu. Ako se koža raščeše i otvore ranice, one se mogu inficirati pa ih mora liječiti ljekar.
- Češanje glave. Ponekad prođe nekoliko sedmica prije nego što se dijete počne češati.

Liječenje

Ljekar vašeg djeteta može predložiti da koristite medicinski šampon protiv vaški, kremu ili losion. Neke proizvode protiv vaški možete kupiti u lokalnoj apoteci bez recepta, kao što su Nix Crème Rinse (Kremasto sredstvo za ispiranje Nix). Pakovanja nekih proizvoda će sadržati specijalni češalj protiv gnjida, ili ga možete posebno kupiti. Ovaj specijalni češalj vam može pomoći da pronađete i odstranite jajašca. Veoma je važno odstraniti sva jajašca vaški i liječiti sve članove porodice.

How to Use Nix Creme Rinse (or store brands of permethrin)

1. Wash the hair with regular shampoo. Do not use a conditioner. It can keep the lice medicine from working. Rinse with warm water and towel dry. Do not use this towel again until it has been laundered.
2. Put white vinegar on the hair to help loosen the “glue” that holds the eggs on the hair.
3. Put enough of the Nix Creme Rinse to wet the hair and scalp completely. Be sure to wet the back of the neck and behind the ears. If the Nix Creme Rinse gets in the eyes, rinse right away with cool water.
4. Leave the Nix Creme Rinse on the hair for 10 minutes, but no longer.
5. Rinse the hair and skin around the scalp well with water. Rub with a fresh dry towel. **Do not** use a hair dryer – some lice products are flammable.
6. Comb the hair with a fine comb to find the eggs. It may help to divide the hair in sections. All eggs must be removed! It might take 2 or 3 hours or more, and you may have to pick out the eggs by hand if the comb does not work.
7. Put the eggs in a plastic bag, tie it closed and throw it away. Wash your hands well and scrub under your fingernails.
8. Dress your child in clean clothing.

If you purchase Rid or store brands of piperonyl butoxide, apply the product to dry hair. Start at Step 3 above and follow the steps to use this product instead of Nix.

Kako se Nix Creme Rinse koristi (ili drugi proizvodi koji sadrže permethrin)

1. Kosu operite običnim šamponom. Nemojte koristiti regenerator. On može neutralizovati lijek protiv vaški. Isperite kosu toplom vodom i osušite je peškirom. Ovaj peškir nemojte ponovo koristiti sve dok ga ne operete.
2. Stavite sirće u kosu kako bi „ljepilo“ koje drži jajašca zalijepljena za dlaku popustilo.
3. Stavite dovoljno Nix Creme Rinse tako da kosa i tjeme budu skroz mokri od njega. Obavezno namočite njime donji dio potiljka prema vratu i iza ušiju. Ako Nix Creme Rinse uđe u oči, odmah ih operite hladnom vodom.
4. Ostavite Nix Creme Rinse na kosi 10 minuta, ali ne duže.
5. Kosu i kožu oko tjemena dobro isperite vodom. Osušite ih čistim, suhim peškirom. **Nemojte** koristiti fen za kosu – neki proizvodi protiv vaški su zapaljivi.
6. Kosu iščešljajte gustim češljem kojim možete pronaći jajašca. Možda će vam biti lakše ako kosu podijelite na dijelove. Morate odstraniti sva jajašca! Možda će vam trebati 2 do 3 sata, ili više, a možda ćete morati vaditi jajašca rukom ukoliko ih ne budete mogli odstraniti češljem.
7. Jajašca stavite u plastičnu kesu, čvrsto je zavežite i bacite. Dobro operite ruke i četkicom očistite prostor ispod noktiju.
8. Dijete obucite u čistu odjeću.

Ako ste nabavili Rid ili druge proizvode koji sadrže piperonyl butoxide, proizvod stavite na suhu kosu. Počnite od gore navedene tače 3 i slijedite ostale upute primjenjujući ovaj proizvod umjesto Nix-a.

Special Warnings About Lice Products

- If you or your child is allergic to ragweed, check with your doctor or pharmacist before using any brand of medicated rinse or shampoo. The active ingredient in some brands such as Rid, Pronto and A-200 could cause a serious allergic reaction.
- Do not use lice products on children younger than 2 years.
- Do not handle or use lice products if you are pregnant or breastfeeding.
- House pets do not carry human lice and should not be treated.

After Treatment

- If you see live lice 10 days or more after the treatment, you can repeat the treatment one time. Check the hair and scalp of all family members every day. If you find eggs or lice, treat their hair and clothing the same way.
- **Do not** wash the hair for 2 days after the treatment.
- **Do not** use hair conditioner for 10 days.
- Pest control sprays can be harmful to children and should not be used in the home.
- Head lice can live away from the human body for only 55 hours.

Specijalna upozorenja o proizvodima protiv vaški

- Ukoliko ste vi ili vaše dijete alergični na ambroziju, posavjetujte se sa svojim ljekarom ili apotekarom prije nego što upotrijebite bilo koju vrstu medicinskih sredstava za ispiranje ili šampona. Aktivni sastojak u nekim vrstama kao što su Rid, Pronto i A-200 bi mogli prouzrokovati ozbiljne alergijske reakcije.
- Proizvode protiv vaški nemojte koristiti kod djece mlađe od 2 godine.
- Proizvode protiv vaški nemojte dirati ili koristiti za vrijeme trudnoće ili dojenja.
- Kućni ljubimci nisu prenosnici vaški koje napadaju čovjeka i njih ne trebate liječiti.

Nakon liječenja

- Ako primijetite žive vaške 10 dana nakon liječenja ili kasnije, možete još jedanputa ponoviti tretman. Svaki dan pregledajte kosu i tjeme svih članova porodice. Ako nađete jajašca ili vaške, na isti način primijenite tretman i na njihovu kosu i odjeću.
- **Nemojte** prati kosu 2 dana nakon liječenja.
- **Nemojte** koristiti regeneratore za kosu 10 dana.
- Sprejevi protiv insekata mogu biti štetni po djecu i ne bi se trebali koristiti u kući.
- Vaške mogu živjeti udaljene od ljudskog tijela samo 55 sati.

To Clear Lice from the Home

- Wash all washable clothing (including hats, scarves, and coats) and all bed linens, towels and washcloths that have had contact with anyone with lice in the past 3 days. Machine-wash in hot, soapy water and dry. Use the hot cycle of a dryer for at least 20 minutes.
- Soak combs, brushes, hair barrettes, hair bands and sports helmets in very hot water (130°F) for 10 minutes.
- Pillows, stuffed animals, clothing and other things that cannot be washed may be dry cleaned or put in air tight plastic bags for 2 weeks.
- Vacuum all carpets and furniture. Put the vacuum cleaner's dust bag in a plastic bag, tie tightly and throw away.

School and Other Parents

- Tell your child's school that your child has lice. The other children will be checked and treated if needed.
- Check with your child's school. In some school systems the child's hair must be free of all eggs before the child may go back to school.
- Tell the parents of your child's friends so they can check their children.

Kako očistiti kuću od vaški

- Operite svu odjeću koja se može prati (uključujući kape, šalove i kapute) i svu posteljinu, peškire i peškiriće za pranje s kojima je u posljednja 3 dana došao u kontakt bilo ko ko je imao vaške. Operite ih u mašini za veš vrelom vodom i detrdžentom i osušite. Uključite sušilicu na sušenje vrelim zrakom najmanje 20 minuta.
- Češljeve, četke, klipse za kosu, gumice za kosu i sportske kacige potopite u vruću vodu na 55 stepeni C (130 stepen F) 10 minuta.
- Jastuke, punjene igračke, odjeću i druge stvari koje se ne mogu prati mogu se odnijeti na hemijsko čišćenje ili 2 sedmice ostaviti da stoje u čvrsto zatvorenoj plastičnoj kesu.
- Sve tepihe i namještaj usisajte. Kесе za usisivač stavite u plastičnu kesu, čvrsto je zavežite i bacite.

Škola i drugi roditelji

- Školskom osoblju prijavite da su se kod vašeg djeteta pojavile vaške. Izvršit će se pregled kose kod ostale djece i, ukoliko je potrebno, liječiti.
- Provjerite pravila u školi koju dijete pohađa. U nekim školskim sistemima, prije nego što se dijete može vratiti u školu, moraju se odstraniti sva jajašca iz kose.
- Obavijestite roditelje djetetovih drugova i drugarica kako bi i oni pregledali kosu svoje djece.

Prevention

- Teach your child to “Never share what touches the hair”. Children should not let anyone else use their comb, brush, hats, scarves, pillows, hair accessories or helmets. They should not borrow them from others either.
- Shampoo the hair 2 or 3 times a week.

Talk to your child’s doctor or your local health department if you have any questions or concerns.

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Sprječavanje vaški

- Naučite dijete da „s drugom djecom nikada ne dijeli ono što dodiruje kosu“. Djeca ne bi trebala nikome dozvoliti da koristi njihov češalj, četku, kape, šalove, jastuke, ukrase za kosu ili zaštitne kacige. Isto tako, ove stvari oni ne bi trebali posuđivati od druge djece.
- Kosu perite šamponom 2 do 3 puta sedmično.

Ukoliko imate bilo kakvih pitanja ili osjećate zabrinutost, o tome se posavjetujte sa ljekarom svog djeteta ili sa osobljem u lokalnoj zdravstvenoj ustanovi.

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Head Lice. Bosnian