

すこやか

英語版 Kumozu Elementary School
Health Room
April 16th (Tuesday), 2024
No. 2

Please check the child's hair !

The presence of lice was confirmed in some children at our school.

Anyone who lives in a group, plays with several people can be infested by lice. The issue is not just that it is unhygienic, but the fact that playing with several people or even those who wash their heads alone is very likely to catch them.

It's not a shame to have caught it, but if you leave it without doing anything after catching it, it could spread to many other people and you won't be able to stand it because it's so itchy. And it's not only spread by children, but it can also be spread by people in the house.

Please check the child's head for a while at home.

If you discover that you have lice, so that the school is aware and gives the necessary instructions, please notify the counselor teacher.

◆What is lice ?

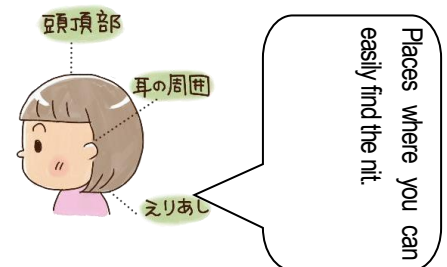
The lice is a parasite that lives on people's heads and sucks blood to survive. When the louse sucks blood from the head we feel a strong itch. In 1 strand of hair the lice lays 1 to 3 eggs called nits and after. The baby lice are born within 1 week. It takes approximately 24 days to change from one generation to another. The nit cannot be removed with just a blow.



Nit	Adult Head Lice
<p>It measures about 0.5 mm, even though wash your hair it's hard to get out the color is ivory white.</p>	<p>Measures 1 to 2 mm, it is possible to remove it by washing your head. The color is grayish white.</p>

◆Early detection ! How to identify!

- When it appears that dandruff is stuck in your hair.
- When you feel itchy on your head. (Especially on the back of your neck or near the root)
- Nits other than dandruff cannot be removed with just a few taps with the hand.



◆How to Prevent

Lice can pass from head to head and also pass through clothes, towels and hats. And as children play a lot together and there are many opportunities for their bodies to be very close to each other, there is a high possibility of an increase in cases.

- It is important to wash your head every day and wash it well and rinse it well, especially near the roots. (As for younger students, please ask your family to help when washing your head.)
- Cut your hair short.
- Leave underwear, sheets, pillow covers washed and clean.
- Let's clean the room well.
- Periodically check your hair.

