

# Check for head lice before school starts shampoo problem away...

In a few weeks your children will be returning to school after their summer holidays.

In the past several years the communicable diseases of pediculosis (head lice) and scabies have been problems in the school, especially in the fall.

These infestations usually can be cured with adequate treatment. If not treated immediately or correctly, the disease can quickly spread to other schoolmates, as well as family and friends.

Pediculosis — is caused by a head louse which is from 2 to 4 mm. in size, elongated in shape, grayish-white in colour, flat and wingless. The "live" louse lays nits or eggs which are small and silvery and which attaches to the individual hairs.

These nits or eggs hatch in about 7 to 9 days into new lice.

It is important to break the cycle. Pediculosis can not be caught from grass, trees or animals, but are transmitted from one infested person to another by direct contact with the hair or by using the same combs, brushes, towels, hats, scarves, hair ribbons or bedding as the infested person. Anyone can catch pediculosis.

The most modern remedy is to use a special shampoo for pediculosis, which can be obtained at a pharmacy.

Nits or eggs, must be removed from the hair by combing or brushing using clean combs and brushes. A metal fine toothed "nit" comb may be used or the nits can be pulled off the hair. All personal items such as combs, brushes, hats, clothing and bedding should be either boiled or dry cleaned. If one person in a family or camp has head lice, there is a strong possibility that others will also.

Therefore, everyone should be checked and the recommended treatment applied to all persons in the family or camp.

Head lice may be present anywhere on the scalp, but the back of the head and neck and behind the ears should be checked first.

Remember, anyone can catch pediculosis, so please check your children's hair.

Scabies — is caused by a mite which burrows under the skin. The mite is white, eyeless, translucent, small, oval and flattened in appearance. Usually it lives in burrows dug in the superficial layers of the skin. These appear as very small, wavy, threadlike, slightly elevated, greyish-white

burrows, most frequently present in the finger webs, wrists, waist area, buttocks, elbow and knee surfaces.

There is intense itching, which worsens at night after the bed has been warmed by the persons body heat. Anyone can contract the mites.

It is transmitted by close personal contact with an infested individual and takes about six weeks from the time of contact for symptoms to appear. Reinfestation can occur.

All persons diagnosed as having scabies must be treated by a special lotion or cream which can be obtained at a pharmacy. All members of the immediate household should be treated and all those whom they have come in contact with should be examined. All clothing and bed linen used prior to treatment must be washed in hot water or dry-cleaned.

Please check your children for pediculosis and scabies before school begins.

Remember, anyone can catch pediculosis and/or scabies. If you have any questions, please contact your family doctor or your local Health Unit office, Midland.

## Annual pilgrimage this Sunday

The annual Huronia Parishes pilgrimage is this Sunday at the Martyrs' Shrine.

The procession is scheduled to start at 1:45 p.m. in front of the shrine. Mass starts, weather permitting, at the outdoor altar, at 2 p.m., otherwise inside the church.

Most Rev. Robert Clune, auxiliary bishop of Toronto, will officiate. A picnic supper and singing by a choir follows.

People planning to attend are asked to bring chairs.



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A special waiting list is being kept for senior citizens who are interested in residing in our attractive rental development being completed in Midland.

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The development has been designed exclusively for residents in the pre-retirement and retirement age groups. Couples, with one spouse at least 60 years of age, and individuals aged 60 or more, are invited to get in touch with us. Rents range from 20 per cent of income, with the maximum rent set at \$245 monthly.

A drawing of the development is available for viewing at the North Simcoe and Orillia Housing Authority office, 303 Midland Avenue, Suite 208 in Midland. Application forms may be obtained at the housing authority or the Midland municipal offices.

For further information, please contact the housing authority at (705) 526-4225. For those outside the local Midland calling area, the toll-free number is Zenith 18050.

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