

Injirta Madaxa

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.

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

Injirta madaxa waa dhilqo yaryar ee qiyaastii cabirka miraha sisinta. Waxay ku noolyihiin timaha oo waxay qaniinaan madaxa si ay u dhuuqaan dhiiga. Ma buubaan ama ma buudaan, laakin dhaqso ayay dhaqaaqi karaan. Tani waxay adkeysaa in laga helo timaha.

Qanjiciilka waa ukunta injirta. Waxay u egyihiin qolof jaale, cadaan, ama baroon ah. Injirta madaxa waxay ku lifaaqaan ukumahooda jiridka timaha ee leh “koolada” biyaha. Ukumaha waxay jiftaan meel u dhow madaxa. Ka raadi ukumaha gadaasha qoorta iyo gadaasha dhagahaaga. Ukumahaan lagama dhaqi karo ama lagama buraashi karo timaha. Waa in mid mid loo qaadaa markiiba.

Sababaha

Injirta waxay ugu faafi kartaa si dhaqso ah qof ku qof haddii dadka:

- Wadaagaan koofiyadaha, garbasaarada, shanlooyinka, buraashyada, biraha timaha ama sharaxaada timaha, jijimaha timaha, koofiyada difaaca ama dharka
- Isla jifashada isla sariirta, fadhiga, ama rooga
- Si dhow u wada ciyaaro
- Isticmaalka sheeyada lagu keydiyay armaajooyinka ama sanduuqyada ee leh injirta ama ukumahooda

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 lice products 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 of your family members.

Special Warnings about Lice Products

- If you or your child is allergic to ragweed or chrysanthemums, 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.

Aastaamaha

- Dareenka cuncunka ama xanteynta in wax ay ku dhaqaaqayaan agagaarka ama xanteyno madaxa.
- Aastaamaha gaduudan ama xanuunka madaxa mararka qaar la jirto daadashada iyo qaboojinta. Kuwaan inta badan waxaa laga helaa gadaasha dhagaha ee gadaasha qoorta. Haddii maqaarka xoqid ku furmo, nabraha way saameyn kartaa oo waa inuu dhaqtarkaaga daaweeyaa.
- Xoqida madaxa. Mararka qaar waxay qaadataa isbuucyo in canugaaga bilaabo xoqida.

Daaweynta

Dhaqtarka canugaaga wuxuu soo jeedin karaa shamaabada injirta la daaweeyay, kareemka ama looshinka. Waxaad ka iibsan kartaa waxyaabaha injirta farmashigaaga deegaanka iyada oo aan jirin qoraalka. Qaar ka mid ah alaabaha waxay yeelanayaan shanlo gaar ah ee baakida ama waxaad iibsan kartaa hal gooni ah. Tani waa shanlo gaar ah ee kugu caawin karto helitaanka iyo ka saarida ukumaha. Aad ayay muhiim u tahay in laga saaro dhammaan ukumaha injirta iyo la daaweeyo dhammaan of your xubnaha qoyska.

Digniinada Gaarka ah ee ku saabsan Daawada Injirta

- Haddii adiga ama canugaaga alaarji ku yahay miraha ubaxyada ama ubax, la hubi dhaqtarkaaga ama farmashiistaha ka hor inta aadan isticmaalin sumad walba ee shaambada la daaweeyay ama la raaciyay. Ku darida firfircoon ee qaar ka mid ah summadaha sida Rid, Pronto, iyo A-200 waxay sababi kartaa falcelinada alaarjiga dhabta ah.

- If you are pregnant or breastfeeding, **check with your doctor before using lice products.**
- House pets do not carry human lice and should not be treated.
- Haddii aad uur tahay ama naasnuujineysid, **la hubi dhaqtarkaaga ka hor inta aadan isticmaalin daawada injirta.**
- Xaywaanada guriga ma qaadaan wax injirta aadanaha ah oo waa inaan la daaweynin.

How to Use Permethrin

Brand names: Acticin, Elimite, Nix Crème Rinse, and others

For adults and children 2 months old and older:

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 in hot soapy water then dried. Use the hot cycle of your dryer for at least 20 minutes. .
2. Shake the bottle of product well.
3. Protect the eyes with a towel and close eyes tightly.
4. Wet the hair and scalp completely. Be sure to wet the back of the neck and behind the ears. If the product gets in the eyes, rinse right away with cool water.
5. Leave the product on the hair for 10 minutes, but no longer.
6. 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 use chemicals that could cause the hair to set on fire.

Sida loo Istickmaalo Permethrin

Magacyada summada: Acticin, Elimite, Nix Crème Rinse, iyo kuwa kale

Wixii dadka weyn iyo carruurta 2 bilood jir iyo ka weyn:

1. Ku dhaq timaha shaambo joogta ah. Ha isticmaalin qalajiyaha. Waxay ku celin kartaa daawada injirta shaqeynta. Ku raaci boyo qandac ah iyo shukumaan ku qalaji. Ha isticmaalin shukumaankaan markale illaa lagu dhaqo biyaha saabuunta kulul kadib qalaji. Istickmaal wareega kulul ee qalajiyahaaga oo ugu yaraan 20 daqiiqo.
2. Si wanaagsan u lux dhalada daawada.
3. Uga ilaali indhaha shukumaan oo si dhuuqsan u xir indhaha.
4. Qoy timaha iyo madaxa gabi ahaanba. Hubi inaad qoysid gadaasha qoorta iyo gadaasha dhagahaaga. Haddii daawada galaan indhaha, ku raaci isla markaas biyo qabow.
5. Kaga tag daawadatimaha qiyaastii 10 daqiiqo, laakin kama badna.
6. Si wanaagsan ugu raaci biyo timaha iyo maqaarka ee agagaarka madaxa. Ku duub shukumaanka qalajinta cusub. Ha isticmaalin timo qalajiyaha – daawada injirta qaar waxay isticmaalaan kiimikooyin sku sababi karto timaha inay dab ka kacaan.

7. 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.
 8. Put the eggs in a plastic bag, tie it closed and throw it away. Wash your hands well and scrub under your fingernails.
 9. Dress your child in clean clothing.
7. Ku shanley timaha shanlo wanaagsan si aad u heshid ukumaha. Waxay ku caawin kartaa u kala qeybinta timaha si qeybo ah. Dhammaan ukumaha waa in laga saaraa! Waxay qaadan kartaa 2 ama 3 saacadood ama ka badan, oo waad ka qaadi kartaa ukumaha oo gacan ahaan haddii ukumaha aysan shaqeynin.
 8. Geli ukumaha bac, si dhuuqsan u xir oo iska tuur. Si wanaagsan u dhaq gacmahaaga iyo madaxa hoosta cidiyaha farahaaga.
 9. Ugu labis canugaaga dhar nadiif ah.

How to Use Piperonyl Butoxide

Brand names: Rid and others

For adults and children 2 years of age and older:

- Apply the product to dry hair.
- Follow the instructions for how to use permethrin, starting with Step 2.
- When you rinse the hair with Step 6, use a shampoo and no conditioner, then towel dry.

After Treatment

- Do not wash the hair for 1 to 2 days after treatment.
- Repeat the treatment 9 to 10 days later to kill any lice before they can produce new eggs.
- Recheck for eggs or lice every 2 to 3 days for 2 to 3 weeks after treatment to be sure they are gone.

Sida loo Isticmaalo Piperonyl Butoxide

Magacyada summada: Rid iyo kuwa kale

Wixii dadka weyn iyo carruurta 2 sanno jirka iyo ka weyn:

- Mari daawada si ay tinta ugu qalasho.
- Raac tilmaamaha ee sida loo isticmaalo permethrin, adiga oo ku bilaabayo Tallaabada 2.
- Markii aad ku raacisid timaha Tallaabada 6, isticmaal shaambo iyo ha isticmaalin qalajiye, kadib shukumaan ku qalji.

Daaweynta Kadib

- Ha dhaqin timaha ee 1 illaa 2 maalmood daaweynta kadib.
- Ku celi daaweynta 9 illaa 10 maalmood ee dambe ee lagu dilayo injir walba oo soo saari karo ukumo cusub.
- Dib u hubi ukumaha ama injirta 2 ama 3 maalmood ee walba 2 illaa 3 isbuuc daaweynta kadib si loo hubiyo inay baxeen.

- 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.
- If you have used the same treatment 2 or 3 times, and it has not worked, check with your doctor, nurse, or pharmacist.
- Hubi timahaaga iyo madax ee dhammaan xubnaha qoyska maalin walba. Haddii aad ku aragtid ukuma ama injir, u dawey timahooda ama dharkooda isla qabkaas.
- Haddii aad isticmaashay isla daaweynta 2 ama 3 jeer, oo maysan shaqeynin, la hubi dhaqtarkaaga, kalkaalisada, ama farmashiistaha.

To Clear Lice from the Home

- 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 1 to 2 days. 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 2 days before treatment.
 - 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 3 days.
- Vacuum all carpets and furniture. Put the vacuum cleaner's dust bag in a plastic bag, tie tightly, and throw away.

Si looga Baabi'iyo Injirta Guriga

- Buunfinta xakameynta cayayaanka waxyeelo ayay u noqon kartaa carruurta oo waa inaan lagu isticmaalin guriga.
- Injirta madaxa waxay ka maqnaan kartaa jirka aadanaha kaliya 1 illaa 2 maalmood. Dhaq dhammaan dharka dhaqmi karo (oo ay ku jiraan koofiyadaha, cimaamadaha, iyo jaakadaha) iyo dhammaan maryaha sariirta, shukumaanada, iyo dhaq dharka taabtay qof walba ee qabo injir 2 maalmaha daaweynta ka hor.
 - Dhaqida mashiinka ee kuleelka, biyaha saabuunta iyo qalaji.
 - Istimmaal wareega kulul ee qalajiyahaaga oo ugu yaraan 20 daqiiqo.
- Biyo gali shanlooyinka, buraashyada, qurxinta timaha, jijimaha timaha iyo koofiyadaha kale ee ciyaaraha oo biyo aad u kulul (130°F) oo 10 daqiiqo.
- Barkimaha, xayawaanada dufta, dharka, iyo waxyaabaha kale ee aan la dhaqi karin laga yaabo in mashiinta lagu qalajiyo ama geli bacaha hawada ku dhuuqsan 3 maalmood.
- Bus kici dhammaan roogaga iyo alaabaha guriga. Geli bacda nadiifiyaha busta, si dhuuqsan u dhuuji, oo iska tuur.

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.

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.

Dugsiga iyo Waaladiinta Kale

- U sheeg dugsiga canugaaga in canugaaga injir qabo. Carruurta waa la egay oo la daaweynayaa haddii loo baahdo.
- La hubi dugsiga canugaaga. Nidaamyada dugsiga qaarkiisa, timaha canuga waa inay xor ka ahaataa dhammaan ukumaha ka hor inta canuga ku laaban dugsiga.
- U sheeg waaladiinta saaxibada canugaaga, si markaas ay u eegaan carruurtooda.

Ka hortaga

- Bar canugaaga inuusan "Marnaba wadaagin waxa timaha taabto". Carruurta waa inaysan u ogolaan inuu qof kale ka isticmaalo shanladoo, buraashka, koofiyadaha, cimaamadaha, barkimaha, qalabyada timaha, ama koofiyadaha difaaca. Waa inaysan amaahsan kuwa kale midkood.
- Shaambeey timaha 2 ama 3 jeer isbuucii.

La hadal dhaqtarka canugaaga ama waaxda caafimaadka deegaankaaga haddii aad qabtid wax su'aalo ah ama walaacyo.