

# 「コロナ明け」でアタマジラミ増加？ 子どものプールの学習も要注意

4/14(日) 10:00 配信



4月14日(日)の配信記事です。ご参考になさってください。



頭をかゆがる子どもの髪をかき分けてみたら、根元に小さな白い卵がいくつも付いていた――。新型コロナウイルスの流行時は小康状態だったアタマジラミが、保育園や幼稚園で再び増えているようだ。頭に寄生するアタマジラミは、プールが始まる初夏から多くなる傾向がある。何に気を付ければいいのか。

## ◇「ずっといるかもしれない」不安

「クラスでアタマジラミが数名でています」。東京都板橋区にある保育園に3月上旬、こんな張り紙がされた。人数は次第に増え、クラスの女兒12人中10人が集団感染した。ある女兒の母親(41)は「娘の髪を結ぼうとしたら、小さな白い粒のようなものがたくさんあった。かゆがっているので皮膚科を受診したら医師に『この辺りで今はやっている』と言われた」と振り返る。薦められた駆除薬(商品名スミスリン)が入ったシャンプーを近くの薬局に買いに行くと「最後の1本」だったという。3日に1回、駆除薬入りシャンプーを頭につけて5分おいてから洗い流すことを繰り返すと、かゆみは収まった。ただ、卵には効かないため、目の細かい専用のすきぐしをインターネット通販で購入し、朝と夜の1日2回、10~15分かけてすきとった。約2週間後に皮膚科を再び受診し、医師に目視でいなくなったことを確認してもらった。しかし、その後も保育園から帰宅すると1~2匹みつかることがあり、母親は「ずっと『いるかもしれない』という不安がある」。国立感染症研究所によると、アタマジラミの成虫は大きさ約2~3ミリ。跳んだりはねたりせず頭皮から吸血し、約0.5ミリの卵を1日あたり3~4個産む。卵は

約1週間でふ化する。寄生し始めた頃にはかゆみを感じないことが多いが、数が増える3~4週間後に激しいかゆみに襲われる。かきすぎると頭皮が炎症を起こすことがあるが、伝染病を媒介する心配はない。

#### ◇清潔にしても感染

「コロナ禍の時に比べると、増えている印象だ」。テル皮膚科（練馬区）の東芝輝臣院長もそう語る。互いに距離を取っていたコロナ下では、アタマジラミで受診する子どもはほとんど見かけなかったが、ここ1年で目立つようになったという。現在、アタマジラミの患者数の全国統計はない。ただ、駆除薬入りのシャンプーやパウダーを販売するダンヘルスケア（大阪市）によると、2023年の関連商品の売り上げは前年比20%増。24年に入っても伸びているといい、田島佳之企画部長は「コロナ禍が明け、行動が活発化したのに伴ってアタマジラミが増えている。保育園や学校でプールが始まる6~7月にかけて多くなる傾向があり、今後も増えると予想される」と話す。東京都が集計している13~22年度のアタマジラミの相談件数を月別に見ると、6~7月と運動会シーズンの9~11月が多い。被害の9割は11歳以下が占める。豊島区池袋保健所生活衛生課の矢口昇さん（衛生害虫専門担当）によると、プールの水を介した感染の心配はないが、髪の毛のほか、帽子やタオル、ふとん、くしなどの共用で感染するという。着替えの際に帽子やタオルを重ねたり、かごを共用したりすることでうつる可能性があるため、ロッカーやかごは個別に用意するなどの対策が必要だ。清潔にしても感染するため、「差別やいじめにつながらないよう正しい知識をもって子どもに対応してほしい」と呼びかける。

#### ◇殺虫成分に耐性ある個体も

アタマジラミは戦後、殺虫剤 DDT で駆除されたが、DDT が環境汚染や生態系への悪影響をもたらすとして1971年に使用禁止されると急増。新たな駆除薬としてスミスリンのパウダーが80年代に発売されて一時減ったが、その後もまん延が続いてきた。近年はスミスリンのようなピレスロイド系殺虫剤が効きにくいアタマジラミも出てきた。国立感染症研究所が06~11年に全国調査したところ、耐性を持ったアタマジラミは全国で5%おり、沖縄県では約96%にも達した。このため、「ジメチコン」と呼ばれるシリコーンの一種でシラミの呼吸孔をふさいで窒息死させるローションタイプの新たな駆除薬も21年から市販されている。駆除が完了したかはどう判断すればいいのか。一律の基準はないが、矢口さんによれば、アタマジラミは吸血しないと3日以内に死ぬことから「家庭内で頭髪に新たなアタマジラミや卵が3日以上見つからなければ、駆除できたと判断していい」。対策は一斉にやることも重要だ。登園・登校は原則控える必要はないが、昼寝をするスペースでは間隔をあけたり、感染した子どもの帽子やシーツ類などを毎日持ち帰って60度の湯に5分以上つけるか熱風乾燥させたりすることを勧めている。【岡田英】

# Have head lice cases increased after “COVID-19”? Be careful when children play in swimming pools!

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When I brushed through the hair of my child who had an itchy head, I found a number of small white eggs attached to the hair roots. The number of head lice, which was in a lull during the outbreak of the new coronavirus, appears to be increasing again in nursery schools and kindergartens. Head lice, which are parasites of the head, tend to increase from early summer, when swimming pools open. What should we be careful for?

## ◇Anxiety for “head lice being forever”

Several headlice have been reported in the class. In early March, a notice was posted at a nursery school in Itabashi Ward, Tokyo. The number of cases gradually increased, and 10 out of 12 girls in the class were collectively infected. The mother of one of the girls, 41, said, "When I tried to tie her hair, I found many small white grains. She was itching, so we went to see a dermatologist, and the doctor told us that the disease is now spreading in this area," she recalls. When she went to a nearby pharmacy to buy a shampoo containing the recommended anthelmintic (product name: sumisurin (スミスリン), she found that it was "the last bottle available. She repeatedly applied the shampoo containing the anthelmintic to daughter's head once every three days, left it on for five minutes, and then rinsed it off, and the itching subsided. However, it did not work on the eggs, so she purchased a special fine-grit *sukigushi* from an Internet retailer and spent 10 to 15 minutes twice a day, once in the morning and once at night, to remove the eggs. About two weeks later, she visited the dermatologist again, and the doctor visually confirmed that they were gone. However, after that, one or two more were sometimes found when her daughter came home from daycare, and she said, "I am always been worried that they might be there. According to the National Institute of Infectious Diseases, adult head lice are approximately 2 to 3 mm in size. They suck blood from the scalp without jumping or flying, and lay 3 to 4 eggs of about 0.5 mm per day. The eggs hatch in about one week. The parasite is often not itchy when it first appears,

but after three to four weeks, when the number of parasites increases, it becomes intensely itchy. Excessive scratching may cause irritation of the scalp, but there is no risk of transmitting contagious diseases.

### **Infections even in cleanliness**

"I have the impression that the number of cases is increasing compared to the time of the Covid-19 disaster," said Teruomi Toshiba, director of Tel Dermatology (Nerima Ward, Tokyo). Teruomi Toshiba, director of Teru Dermatology (Nerima Ward, Tokyo), also commented on the increase. Under the Covid-19, when people kept social distance, we rarely saw children with head lice, but in the past year, they have become more noticeable," he said. Currently, there are no national statistics on the number of cases of head lice. However, according to Dan Healthcare (Osaka City), which sells shampoos and powders containing anthelmintics, sales of related products in 2023 were up 20% from the previous year and are expected to continue growing in 2024. The number of cases tends to increase from June to July, when swimming pools open at schools and kindergartens, and is expected to continue to increase in the future," said Yoshiyuki Tajima, director of the Planning Department. Looking at the number of consultations by month from 2013 to 2022, the number of cases of head lice in Tokyo is highest in June and July, and from September to November, the season of sports festivals. Ninety percent of the victims are 11 years old or younger. According to Noboru Yaguchi, a sanitation and hygiene specialist at the Ikebukuro Public Health Center in Toshima Ward, there is no concern about infection through swimming pool water, but it can be transmitted through hair contact and the sharing of hats, towels, futons, combs, etc. Since there is a possibility of being infected by stacking hats and towels or sharing baskets when changing clothes, it is necessary to take measures such as having separate lockers and baskets for each person. Since infection can occur even in a clean environment, we call for the public to "have the correct knowledge to prevent discrimination and bullying of children.

### **Some individuals are resistant to insecticidal ingredients.**

After World War II, headlice were exterminated with the insecticide DDT, but when DDT was banned in 1971 on the grounds that it caused environmental pollution and harm to the ecosystem, the number of headlice increased sharply. The use of Smithlin (スミスリン) powder, a new pesticide, went on the market in the 1980s and temporarily reduced the number of pests, but the infestation has continued to spread since then. In recent years, some headlice have become resistant to pyrethroid insecticides such as Smithlin. A nationwide survey conducted by the National Institute of Infectious Diseases from 2006 to 2011 found that 5% of headlice nationwide were resistant to these insecticides, and in Okinawa Prefecture, the percentage reached approximately 96%. For this reason, a new lotion-type disinfectant called dimethicone, a type of silicone, has been on the market since 2021, which blocks the lice's breathing system and suffocates them to death. How can we determine whether extermination has been completed? There is no uniform standard, but according to Mr. Yaguchi, if the head lice do not suck blood, they die within three days. It is also important to take measures all at once. In principle, it is not necessary to refrain from going to school or preschool, but it is recommended that napping areas be spaced apart and that infected children's hats, sheets, etc. be brought home every day and soaked in 60° C hot water for at least 5 minutes or dried with hot air.

**【By Okada】**