

FROM 16TH TO 22TH OF MARCH 2007

WHAT'S ON

EXHIBITIONS

Hermandades (Brotherhoods) in Mijas offer an exhibition of all the material they use in the Easter Semana Santa processions at the Folk Museum in the village.

An exhibition of paintings by Maria Cofan is open at the Cultural Centre in La Cala until March 20th.

GUIDED WALKS

The Tourist Department organises free guided walks to the Mijas country side. The new programme for the Winter Season (January-March) is now available, with two new walks. Visit of phone the Tourist Office on 952589034 to book beforehand. Walks start at 10 AM on Wednesdays and Saturdays from Mijas Pueblo or La Cala.

FLAMENCO SHOW

Every Wednesday at 12 noon the Tourist Office offers a flamenco show and sweet Malaga Wine at the Mijas Village Main Square Plaza Virgen de la Peña in the three main areas of Mijas.



TRIP TO ANTEQUERA

The Department is organising a Day Trip to Antequera on the 26th of April. The price is 60 euros per person. For more information and booking contact the Foreigners Dpt: 952 58 90 10 or email frd@mijas.es

HEALTH CORNER

Head lice infect hair on the head. They are easiest to see on the neck and over the ears. Tiny eggs on the hair look like flakes of dandruff. However, instead of flaking off the scalp, they stay put.

Head lice can survive up to 30 days on a human. Their eggs can live for more than 2 weeks.

Head lice spread easily. You can get head lice when you come in close contact with an infested person or touch their clothing or bedding. Head lice are more common in close, overcrowded living conditions. Lice spread easily among school children.

Having head lice is NOT an indicator of poor hygiene or low social status.

Head lice causes intense itching, but does not lead to a serious medical problem. Unlike body lice, head lice never carry or spread diseases.

Symptoms

- Intense itching of the scalp
- Small, red bumps on the scalp, neck, and shoulders
- Bumps may become crusty and ooze
- Tiny white specks (eggs, or nits) on the bottom of each hair that are hard to get off

Signs and tests

To see head lice, you need to look closely. Use disposable gloves and look at the

person's head under a bright light. Full sun or the brightest lights in your home during daylight hours work well. A magnifying glass can also help.

Part the hair all the way down to the scalp in very small sections, looking both for moving lice and eggs (nits). Look at the entire head this way. Look closely around the top of the neck and ears, the most common locations for eggs.

Treatment is recommended if even one egg is found.

Treatment

Lotions and shampoos containing permethrin are usually effective. They are available over-the-counter. Certain products make the eggs (nits) easier to remove.

- You can remove the eggs with a nit comb. Before doing this, rub olive oil in the hair or run the metal comb through beeswax. This helps make them easier to remove.

- Metal combs with very fine teeth are stronger and more effective than plastic nit combs. These metal combs are easier to find in pet stores or on the Internet than in pharmacies.

- Removing eggs may prevent the lice from returning if the medication fails to kill every one of them.

- Treat children and adults with lice promptly and thoroughly.

- Wash all clothes and bed linens in hot

water with detergent. This also helps prevent head lice from spreading to others during the short period when head lice can survive off the human body.

Expectations (prognosis)

Lice are usually killed with proper treatment. However, lice may come back, especially if the source is not corrected. For example, a classroom with many infested children can cause kids to repeatedly get lice.

When one case is detected in a family or a school or child-care centre, every child at that location should be examined for head lice. This can help prevent further spreading.

Prevention

Never share hair brushes, combs, hair pieces, hats, bedding, towels, or clothing with someone who has head lice.

If your child has lice, be sure to check policies at schools, daycares, preschools, and nurseries. Many do not allow infested children to be at school until the lice have been completely treated.

Some schools may have policies to make sure the environment is clear of lice. Sometimes, the insects or their eggs get into areas such as carpets. Frequent cleaning of carpets and all other surfaces in child-care centres prevents spread of all types of infections, including head lice.



Dr. Antonio Muñoz
(Family Doctor)

MUNICIPAL SERVICES

TAXES AND FEES

- ▶ In Mijas bills are not sent out.
- ▶ Payments can be made by cash or certified cheque from March/April - until 20th of November. Prompt payments benefit from discounts. Payments after 20th of November have a 20% surcharge. Direct debits can be made for future payments.
- ▶ Before leaving the cash desk, make sure that the receipt is in your name and refers to your property.
- ▶ Check if there are any debts on your property - specially if you live permanently abroad - as non payment of municipal debts could lead to an embargo.

HEALTH CENTRES AND MEDICAL SERVICES

Mijas has three Medical Centers and a Specialist Center (C.A.R.E.)

- ▶ If you have a Spanish Social Security card you are entitled to a family doctor, and a 40% discount on prescribed medicines. Pensioners receive free medicines on prescription.
- ▶ EU Medical Card for tourists (previously E111) only covers emergencies.

DOG POUND

- ▶ Situated on the road to the Urb. Cerros del Aguila, Mijas Costa
- ▶ If you have lost your dog - contact the Dog Pound first.

Tel. 952 66 35 76.

SOCIAL SERVICES

- ▶ Two Pensioners Cards are available for Mijas residents. A Municipal and a Junta de Andalucia one - both offering many benefits for holders.
- ▶ Home Help - Tele-assistance
- ▶ Help and legal advice for Women (battering, divorce discrimination, etc.)

Contact Foreigners Department for more information and details Tel. 952 58 90 10

CONSUMERS OFFICE

For any complaints or claims occurred within our Municipality, Mijas has a Consumers office. Calle Braulio, Las Lagunas. Tel. 952.58 29 11

CULTURE DEPARTMENT

- ▶ Art exhibitions, Concerts, Theatre Festival, Competitions... (Folk Museum, Mijas Village). See Monthly programme.

Tel. 952 59 03 80

OPEN UNIVERSITY

- ▶ Over 20 different courses to choose from, including Spanish classes for foreigners. See programme Tel. 952 58 69 26

SPORTS IN MIJAS

- ▶ Sports installations in all three areas .
- ▶ Athletics, badminton, basketball, football, gymnastics, judo, swimming, tai-shi, body-building and lots more. (See programme). Tel. 952 47 82 41

VOLUNTEER INTERPRETER SERVICE

The Foreigner's Department coordinates a Volunteer Interpreter Service in all three Health Centres in Mijas and at the Civil Guard Police station.

- ▶ Monday to Friday from 10 am - 2 pm.

▶ IF YOU SPEAK FLUENT SPANISH AND WOULD LIKE TO BECOME A VOLUNTEER INTERPRETER, CONTACT THE FOREIGNERS DEPARTMENT FOR MORE INFORMATION.

HELP IS ALWAYS NEEDED
TEL. 952 58 90 10

FREE COLLECTION OF OLD FURNITURE

Ring the Foreigner's Department before 1PM Monday to Thursday.

FOREIGNERS DEPARTMENT

If you have a specific problem, or need information regarding any department in the Mijas Town Hall or other Governmental Agency.

- ▶ English - German - Swedish - Norwegian - Danish - French - Spanish spoken.

▶ Activities: Informative Conferences - Excursions/Trips - International Day - Week of Cuisine - Concerts.

▶ LIVING IN MIJAS: Information booklets in english *A guideline for daily life in Mijas. Pick up your free copy at the Foreigners Department, Mijas Town Hall.



LA CALA DE MIJAS
TEL: 952 587 624

CENTRO DE MEDICINA DE FAMILIA

Dr. Antonio Muñoz Hernández
Family doctor

Tfno: 952 47 00 05
Movil (english spoken): 609 97 06 53

News, interviews, events... Daily information for our foreign community + visitors... Join us!

Contact us to send us your ideas and suggestions and to come to the programme:

tel: 952583030 / fax: 952582161 / email: internacional@mijate.com

news and views

from monday to friday 14:05 - 14:45 

FOREIGNERS DEPARTMENT MIJAS TOWN HALL

WE ARE HERE TO HELP YOU



OPENING HOURS:
MONDAY TO FRIDAY
9 AM - 2 PM

**PLAZA VIRGEN DE LA PEÑA
29650 MIJAS PUEBLO
TELF. 952 58 90 10
FAX 952 58 90 11**

frd@mijas.es