

# WHAT EVERY PARENT NEEDS TO KNOW ABOUT HEADLICE



Anyone can get head lice, regardless of their age and how clean their hair is.

## CHECKING FOR HEAD LICE

Daily (at least) grooming with a brush or comb is a must. In addition, it is wise to do a weekly head check on wet hair as this is roughly the time it takes for a head louse egg to hatch.

Use a fine tooth comb, available from your local chemist, to check all the hair for lice or nits

## TREATMENT

If you find head lice there are two treatments

### 1. Bug busting technique

Use your normal shampoo and conditioner, wash and rinse the hair as normal.



Massage a generous amount of conditioner into the scalp.

Remember, if you find head lice it will be necessary to repeat this washing, conditioning and combing process **every three days for two weeks**. Sometimes it may take a little longer but it is worth persevering. This is to clear newly hatched lice and to prevent more eggs being laid.

All family and close contacts should also do this treatment.

If you find head lice, please inform the school.

### 2. USING A HEADLICE LOTION

Some people like to use a head lice lotion, this will stun or kill the lice. washing, conditioning and combing every three days for two weeks is still necessary to clear the head of lice

Only treat those who have the lice with the head lice lotion, but check all members of the family and close contacts with the combing process.

If you are at all worried about head lice or feel you need more advice, please consult your school nurse, health visitor or family doctor.

## WHAT ARE HEAD LICE?

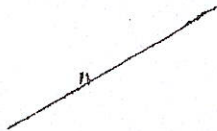
Head lice are small wingless insects, when they hatch they are pin head size. Over seven to fourteen days, they moult three times and grow to match head size.

*These pictures of lice are actual size*



Full grown adult head lice mate and the female lays eggs near the scalp. The eggs are stuck fast to the hair strand where it is warm enough to incubate the egg.

*This picture of an egg stuck on a hair is actual size*



The head lice take seven to ten days to hatch. The empty white shell is stuck on the hair (nits)

## CATCHING THEM

Lice are passed from person to person by head to head contact and spread easily amongst family members and groups of children.

With the conditioner still in, the hair tangles should be removed with an ordinary brush or comb

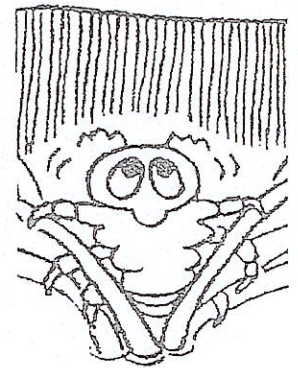


Slot a fine tooth comb in the hair at the roots, holding the comb flat against the scalp draw it down the length of the hair.



At the end of each stroke, the comb should be examined for any lice, which should be removed.

After combing the whole head, the conditioner should be rinsed off.



For more information on bug Busting contact:

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