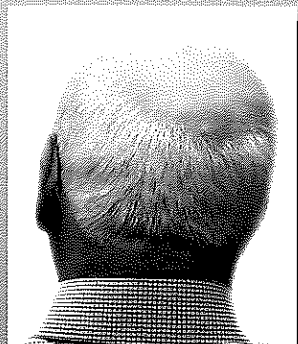


Head Lice



Happy to be on ANY Head

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Head lice are tiny (pin-head sized) grey-brown, wingless insects which live by sucking blood from the scalp. Their eggs are laid glued to the base of the hair and are known as nits. Head lice can be found in all hair colours and types - long, short, straight, wavy or curly. They are also not fussy whether hair is dirty or clean.

Detection of head lice

Control of head lice starts at home, children need supervision with hair washing and combing.

Infestation often causes itching of the scalp or a rash on the back of the neck but may also go unnoticed. Sometimes but not always, lice may be visible in the hair. Head lice cannot be killed with normal shampoo or combing.

Wet combing, as described below, after washing the hair, is the best way for detection and treatment.

It is important to check regularly every week including school holidays.

Wet detection method

You will need... shampoo, conditioner, wide-toothed comb, plastic head lice detection comb, towel, kitchen paper.

1. wash the hair using ordinary shampoo.
2. use conditioner to make combing easier.
3. lightly towel dry hair.
4. remove tangles with a wide-toothed comb.
5. using detection comb, part hair into small sections and comb hair from scalp to the end.
6. wipe comb each time with a piece of kitchen paper and check for live lice.
7. repeat steps 5 and 6 and ensure the whole head is combed.
8. clean comb under running water, kill and wash away any lice found.



What to do if a living head louse is found...

- Check the whole family and advise anyone else who has had close contact with your child.
- Treat all members of the family who have lice at the same time.



Non medicated treatment

Wet combing method...

Repeat steps 1-8 of the wet detection method every 3 days for 2 weeks. Combing every 3 days removes the lice before they are mature enough to lay eggs or transfer to another head.

Carry on with routine weekly detection after all lice have been removed.

Medicated treatment

Use ONLY a medicated lotion, lotion spray or spray gel approved by a pharmacist, G.P. or nurse.

Make sure you have enough product to treat all those with live lice. More may be needed for very thick hair.

Always check the pack or leaflet to see if a product is suitable for you, particularly if you are pregnant or breastfeeding, or your child has head lice and is less than two years of age.

Your pharmacist can recommend a suitable treatment and advise you how to use it correctly.

Medicated treatment method

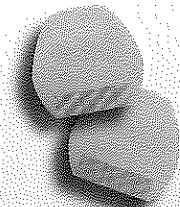
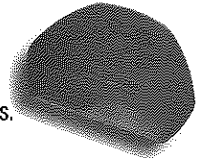
You will need... pharmacy approved medicated treatment, plastic detection comb, towel, kitchen paper.

1. carefully read the pack or accompanying leaflet.
2. the room should be well ventilated (open windows) with good light.
3. keep well away from naked flames, cigarettes or sources of heat; do not use a hair dryer.
4. apply lotion, lotion spray or spray gel as directed in the instructions.
5. ensure the treatment is applied thoroughly to the whole scalp.
6. leave the treatment on the head for the length of time recommended
7. comb out the dead and stunned head lice with a detection comb.
8. repeat the treatment as instructed on the product you are using.
9. check the hair regularly; if there is still evidence of head lice seek further advice from your school nurse, health visitor, practice nurse or pharmacist.
10. carry on with weekly detection combing after treatment.

Be aware no treatment can guarantee complete egg-kill.

Medicated treatments should not be used to prevent infestation with head lice.

Only those who have live head lice need to be treated.



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Head Lice – the facts

- life size adult louse
- live only on human heads,
- like warmth close to the scalp,
- do not jump or fly,
- only move from head to head when there is close contact,
- EGGS are laid close to the scalp and are grey-brown oval shapes,
- NITS are the empty egg cases attached to hair that head lice hatch from and are dull in colour.

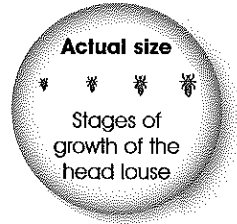
The Head lice life-cycle:

- a head louse usually hatches 7 to 10 days after the egg is laid,
- a newly-hatched head louse becomes full grown in six days,
- younger lice tend to stay on the head where they hatch,
- full grown lice move from head to head,
- a female head louse mates and starts laying eggs on day 7 after she herself hatched.

Remember Anyone can catch head lice...

- but everyone needs to know how to manage and remove them,
- whatever product used, always check for lice on days 5, 9 and 12/13 and remove them to avoid the risk of continuing infestation,
- there is no need to stay off work or school or wash clothing and laundry on a hot wash, as this is unlikely to be useful.

- are not fussy about the length of hair or whether it is clean,
- can be found anywhere on the scalp, but especially behind the ears and the back of the neck,
- are often present for months before being detected.



Breaking the life-cycle:

● Preventing head lice from spreading:

it is important to remove the lice before the sixth day from hatching.

● Preventing head lice from reproducing:

new eggs can be laid from day seven after hatching,

Important: if left alone they can infest many others so seek treatment immediately.

For more advice and support contact:

your school nurse, health visitor, local pharmacist or:

NHS Choices: www.nhs.uk/conditions/head-lice/pages/introduction.aspx

Community Hygiene Concern: www.chc.org

Bug Busting helpline: 01908 561928

