

Head Lice



Head lice are small insects that like to live in human hair. They lay their tiny, sticky eggs on the hair near the scalp. The empty egg cases are called nits. Head lice are very common.

- ❑ Head lice only live in human hair.
- ❑ They cannot fly or jump.
- ❑ They do not care if your hair is clean or dirty, curly or straight – they just want a head to live and breed on.

Head lice are passed from head to head by close 'hair to hair' contact. For this reason they are especially common in school age children who play and work closely together.

How can I prevent head lice?

There is not much you can do to prevent head lice. The best thing is to be aware of what they look like and keep a lookout for the signs of them 'arriving'. You may notice your child itching their head but it is not always this obvious.

Getting into a habit of 'wet combing' each week can help keep your child 'lice free' and will help you treat and head lice that appear quickly and before they can get breeding!

What happens if I find head lice?

If you find any nits or head lice then wet combing is the recommended way of treating head lice. You do not need to see a doctor but can follow these steps;

- ❑ You should check everyone else in the family and if you find any other head lice or eggs, then treat them on the same day.
- ❑ You do not have to treat family members who do not have any head lice or eggs.
- ❑ You do not have to wash bed linen toys or clothes – head lice can only stay alive on human hair.
- ❑ Wash the comb and any brushes carefully after use. Head lice can cling onto the hair on these.

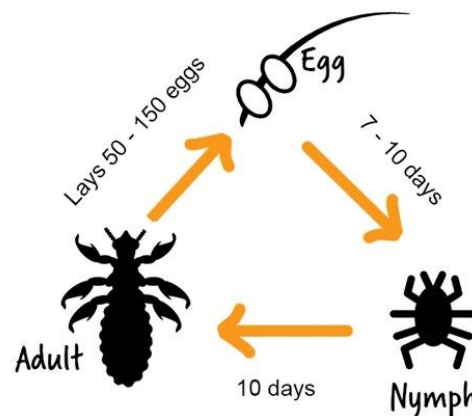
Each head lice can live on a scalp for about 40 days and can lay about 100 eggs during that time. They may have laid eggs before you discovered them so you need to be watchful for more hatching over the next couple of weeks.

It is advised you repeat the wet combing on day ONE, day FIVE, day NINE and day THIRTEEN. Check one last time on day 17 if the head is free from newly hatched head lice then you can return to weekly checking.

If you can still see head lice or eggs this could be because;

It was not head lice in the first place (ask your pharmacist for advice).
The person has been re-infected.
The wet combing was not effective enough. *Click here* to watch a video about wet combing.

Life Cycle



Wet Combing

Wet combing means brushing a fine tooth comb through wet conditioned hair, from the root to the very ends of the hair. Wet combing has been proven to be the best way to get rid of head lice. Head lice have got resistant to some of the shop bought treatments.