

GET AHEAD

Of Head Lice

THE FACTS

- Head Lice are not just a school problem. They are a community wide problem
- Head Lice cannot:
 - Fly
 - Jump
 - Swim
- They are passed from head to head by close physical head contact through:
 - Children working together
 - Grandparents and children cuddling
 - Adults hugging
- To get rid of Head Lice we must look at all our close social contacts, not just the children.

Head Lice eggs are the 'nits'. They are almost impossible to remove from hair strands. Eggs are laid close to the scalp for warmth. Nits found further down hair strands are likely to be empty egg cases.

DETECTION

- Every home should have a good quality lice detector comb which should be used regularly by every member of the household (don't forget the men).
- Use the comb on wet hair, using conditioner to make things easier if you wish.
- Comb the hair thoroughly, starting right at the root and check the comb for lice after each stroke. Pay particular attention to the top of the head and behind the ears.
- If you don't find any lice, SMILE and just repeat this process in a week or so.

Continued overleaf...

ACTION TO TAKE

If you do find lice when combing, you can do battle with them by 'Bug Busting'.

- All you will need is plenty of conditioner and your detector comb.
- The conditioner doesn't kill the lice but it makes it harder for them to cling on to the hair strands.
- Like detecting, you should thoroughly comb the hair, wiping any lice off the comb between each stroke.
- Repeat this process every two or three days until you are sure that the lice have gone. If you are succeeding, you will see their numbers fall over a period of two or three weeks. You must be very thorough and keep the combing going.
- If you prefer, you can use the appropriate insecticide lotion or liquid from the chemist or doctor. The lotions are thought to be more effective than the insecticide shampoos that are also available.
- If you choose to use any of these treatments make sure you use a suitable product if the infected person suffers from Asthma.
- Treat only the infected person - all other members of the family should continue to regularly use the detector comb.

THE INFECTED HEAD MUST BE RE-TREATED WITH THE SAME PRODUCT SEVEN DAYS LATER.

- Don't over treat and read the instructions with the product.

This information sheet has been compiled by the School Nurse, Warminster.