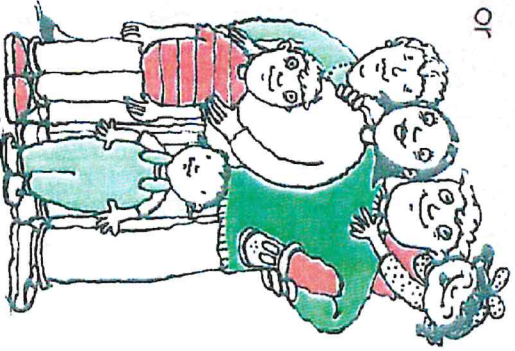


Facts about head lice:

- Many primary school children are affected by head lice every year.
- Head lice are grey or brown in colour, and about the size of a match head when adult.
- They do not always cause itching.
- Head lice cannot jump. They spread by crawling directly from one head onto another - 'head to head contact'.

- Clean or dirty hair, the head louse does not care!



Make combing and conditioning part of your usual Healthy Hair Routine.

For more information, or help and advice on the treatment and prevention of head lice, please contact either:

The School Nurse or Community Child Health Nurse

Name Contact Out The Lane Health Centre

01623 435200

Health Visitor

Name



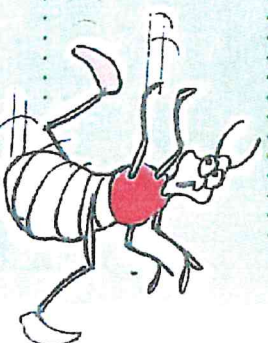
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Community Paediatric Assistant

Name



.....



North
Nottinghamshire
Health



The Prevention,
Detection
and Treatment
of Head Lice

A healthy hair routine
for all the family



North
Nottinghamshire
Health

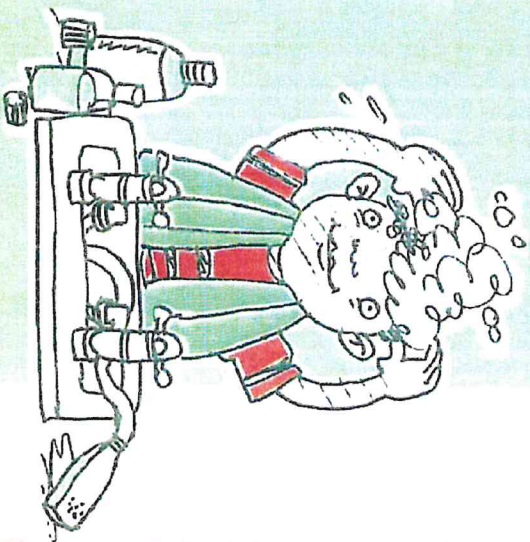
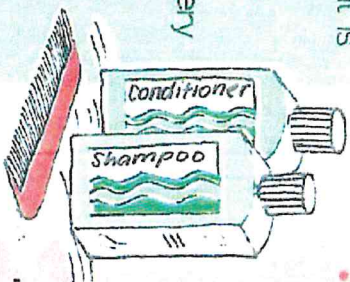


Prevention

Follow these tips, don't give a home to the Nits!

- To help prevent the return of head lice it is best to continue combing every day.

- Combing dry hair every day will remove or damage any stray lice which may have arrived that day. They are then unable to lay eggs.



Treatment

If you find one of your family has head lice, this is the recommended treatment.

- Wash hair
- Apply normal hair conditioner
- Leave conditioner on hair and comb thoroughly from roots using a fine toothed comb.

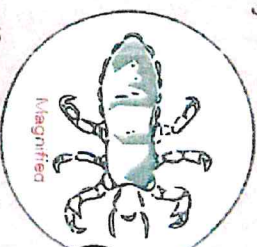
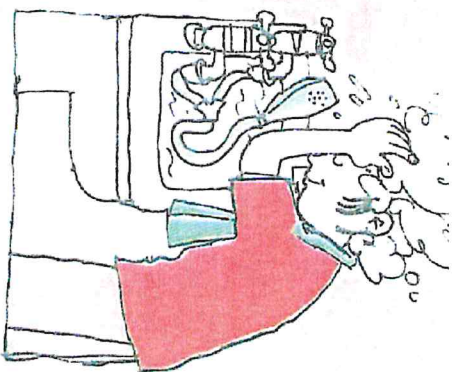
- At each stroke wipe conditioner off the comb to ensure lice are completely removed.
- Rinse and dry hair in normal way.
- Repeat this treatment at least every third day. Combing will remove newly hatched lice before they can lay more eggs (nits).

- Continue this cycle of treatment for at least two weeks.

- Treat all of the family even if you think only one or two are infected.

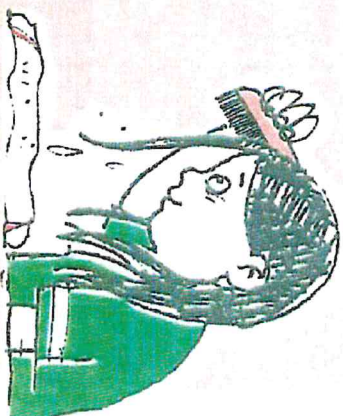
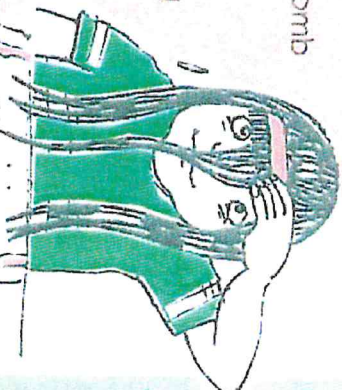
- You may wash hair more often if you wish.

- Conditioner helps with combing and removal of live insects.



Actual size 1.3mm long

Actual size 1.3mm long



Prevention (continued)

- All the family should comb their hair with a fine toothed comb. Using a brush is not enough.

- Wet comb regularly as part of your normal hair care routine.

- Inspect your children's hair for head lice every week.

- Keep going. A healthy hair routine using conditioner will work if you keep at it.

This routine will help defeat and avoid head lice.

