



## Head lice -They're back... in a class near you!

### How to spot head lice

- Head lice are most commonly found behind the ears and at the nape of your neck.
- If you still can't spot any lice, comb the child's hair with a special 'nit comb'. These are available from most chemists. It's easier to spot the dark brown head lice as they fall out if you comb the hair over a piece of white paper.
- Now you need to treat your child. Head lice are tough - they can't be killed by washing with normal shampoo or normal combing. Because they reproduce so quickly, you've got to kill them before they spread. If your child has head lice, check everyone in the family. You'll need to treat everyone affected to get rid of them.
- Experts agree that no medication should be used unless a live louse has been detected to prove infestation is active. Combing wet, conditioned hair with a 'nit' comb is a reliable detection method even when very few lice are present (wet lice stay still); dry or damp lice move quickly away from disturbance evading detection.

### The wet combing method

This is a method that avoids using chemicals.

- Wash your child's hair using a normal shampoo.
- Use plenty of ordinary conditioner to make the hair slippery so the lice will lose their grip.
- Comb your child's hair with a normal comb, then with a nit comb. Start at the root of the hair and go all the way along to the ends. Check the comb for lice after each stroke and clean it if any are there. Keep combing over the whole head for at least 30 minutes.
- Rinse their hair, and comb it through again.
- Do the whole thing again four times over the next two weeks. The rule is carry on until you haven't seen any full-grown lice for three sessions.

