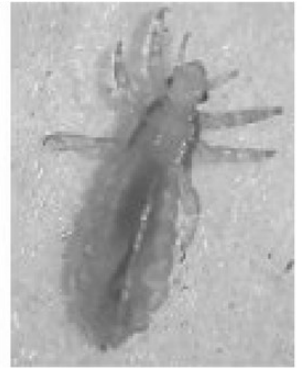


# East Somerset Federation

## Head Lice Information & Advice

### Facts About Head Lice

- Head lice are small, six-legged, wingless insects that live close to the scalp – not much bigger than a pin head.
- Head lice cannot fly, jump or swim.
- Head lice are common. Anyone can get head lice, but children are most affected because they often have close head-to-head contact.
- Head lice are not fussy about hair length or condition.



### Detection

Head lice can't be prevented but regular checking ensures early detection and treatment if necessary. The best detection method is wet combing (see overleaf) as head lice can easily be missed in dry hair.

You should aim to check your children's hair once a week during hair washing. You need your usual shampoo, ordinary conditioner and a louse detection comb. Remember that you are looking for living, moving head lice – the only evidence that your child has a head lice infestation. The comb must be fine enough and robust enough to catch the lice. Your pharmacist will be able to recommend a suitable one.

If you find any head lice, you should check all family members at the same time and then begin treatment.

### Treatment

There are three treatment options. One is to use insecticide lotion, another is silicone oil (such as Hedrin lotion) and the third is removal by wet combing. Talk to your pharmacist about the different methods.

## Wet Combing

This is a non-insecticide alternative to lotions that can both detect and treat an infestation . It involves combing out all lice with a fine-toothed detection comb using the wet combing method described below.

- 1. SHAMPOO THE HAIR, APPLY LOTS OF CONDITIONER AND USE A WIDE-TOOTHED COMB TO UNTANGLE AND STRAIGHTEN IT.**
- 2. SPLIT THE HAIR INTO SECTIONS AND WORK ON ONE SECTION AT A TIME. COMB WITH A FINE-TOOTHED NIT COMB FROM ROOT TO END. PAY PARTICULAR ATTENTION TO THE BACK OF THE NECK AND THE AREA AROUND THE EARS.**



- 3. CHECK THE COMB FOR LIVE LICE BETWEEN EACH STROKE BY WIPING IT ON A TISSUE. REMOVE ANY LICE FOUND.**
- 4. WHEN THE WHOLE HEAD HAS BEEN CHECKED, RINSE OFF THE CONDITIONER.**

To be effective, wet combing needs to be repeated every three days for up to three weeks to ensure that all head lice are removed.

Continue until you no longer find any lice for at least two treatments in a row.

**If you do discover that your child has head lice, we would be grateful if you would let us know - don't worry, we will be discreet!**