

Head lice

The facts!



Everything you need to know to beat
the bugs!

The facts.

Head lice affect people of all ages, not just children.

Head lice like clean OR dirty hair. They really don't care.

Head lice CAN'T jump, hop, fly or swim. You can't catch them by standing close to an infected person.

Your head has to be in contact with an infected head for at least 30 seconds for the louse to have time to walk onto your head.

Only 1/3 of people get an itchy head, the other 2/3 have NO symptoms at all.

Head lice CAN'T live on pets.

Long hair does NOT make it easier to catch head lice.

You are unlikely to catch head lice from sharing hat with an infected person.

What do head lice and nits look like?



Actual size of lice next to a match head.



Nits in hair. Very difficult to see.



Close up of nits in hair.

How to look for head lice.

Use your fingers to part the hair.

Check the scalp to look for lice.

Check the hair shaft just above the scalp for nits.

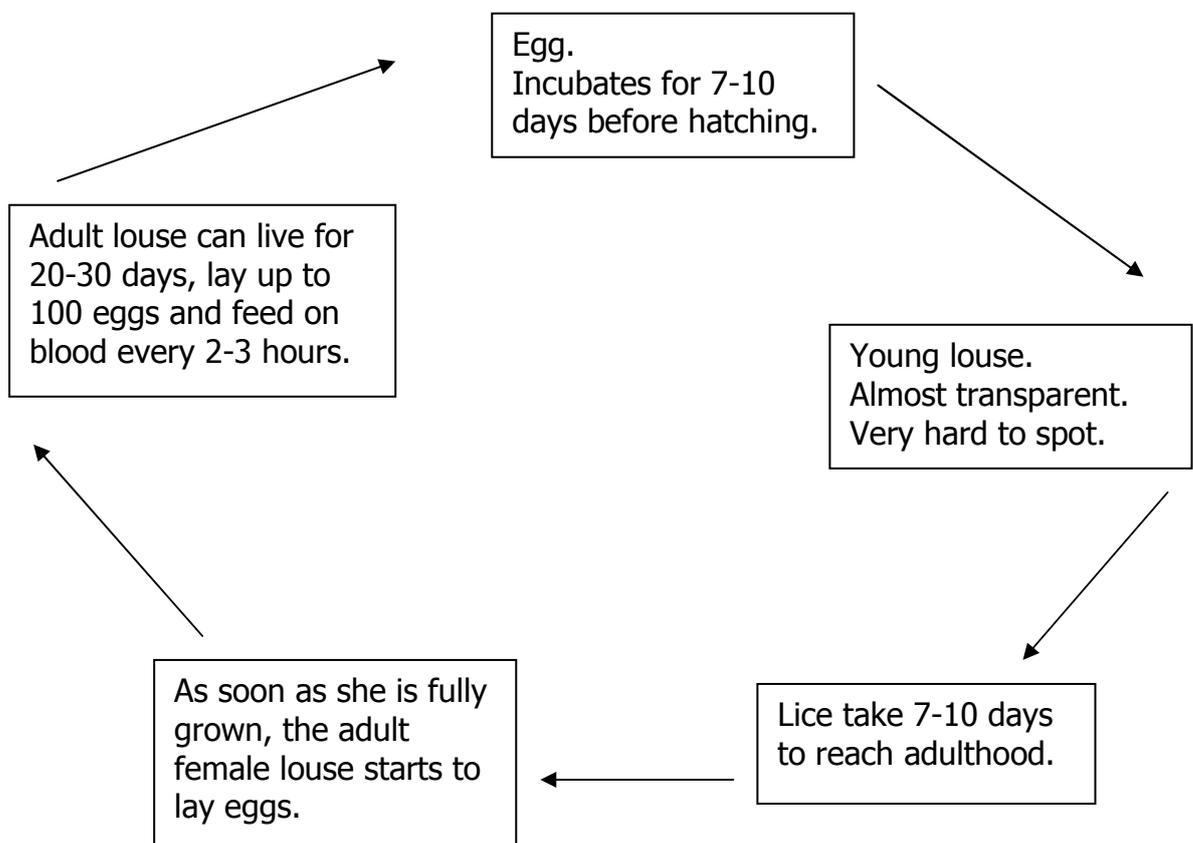
Look all over the head, particularly the nape of the neck and behind the ears.

Head lice, if seen, will try to run and hide. They are about the size of a sesame seed.

Nits look like small, greyish bumps on the hair shaft very close to the scalp. These are very hard to remove as they are actually glued to the hair.

It is best to check the head under a bright lamp or in strong daylight as lice and nits can be hard to see in poor light.

Life cycle.



Head lice removal/treatment.

There is no quick and easy way to remove head lice. It takes time and effort to remove them or they will come back again and again and again...

There are many head lice treatments available from chemists and supermarkets. These are fairly effective to treat head lice, but you still need to comb the hair with a nit comb as well.

Combing.

- Brush hair to get tangles out.
- Wrap a towel around child's shoulders to catch drips.
- Apply LOTS of conditioner to the head and massage into the hair.
- Separate hair into sections, it's best to start at the nape of the neck.
- Run the comb through the hair starting at the scalp.
- Wipe comb on a paper towel after each stroke.
- Comb through each section until you get no more lice on the tissue, then move onto the next one.
- Once all sections are combed rinse out conditioner.
- For best results repeat every 3-4 days.
- Don't comb too slowly. Keep a steady, methodical pace.