

What you need to know about Head Lice



Head lice usually spread from one person to another by close head-to-head contact or when people share personal items, such as combs, towels, clothing, hats, and hairbrushes.

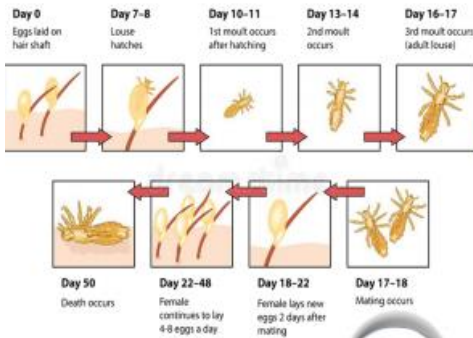


There is also a possibility of spreading head lice via a pillow, headrest or similar items. Head lice do not jump or fly and generally cannot survive longer than 24 hours off the host.

(Itching doesn't always mean headlice.. and headlice doesn't always mean itching!)

Head lice don't discriminate! They like clean hair, dirty hair, adult hair, children's hair

It's a good idea to keep long hair tied back at school to avoid head lice being passed between children.



Adult lice are hard to detect because they move quickly and shy away from light. The eggs (nits) are easier to spot but VERY hard to see. Nits are transparent/white minuscule dots which grip tightly to the hair, about 1cm from the scalp.



How to check for Head Lice

- Examine under good light - A head torch works best so you're hands free for sectioning hair and combing (nits are barely visible in normal light!)
- Wet the hair, section the hair and comb with a nit comb, start with the teeth of the comb touching the scalp at the top of the head. Comb slowly, keeping the teeth of the comb in contact with the scalp, wipe the comb on a tissue to see if any lice have been removed.
- Repeat all over the hair, covering the hair and scalp in all directions.
- Closely examine the scalp under the light, especially the nape of the neck, and behind the ears. Look for tiny specks attached to the hair about 1cm from the scalp.



How to treat Head Lice



TREAT THE WHOLE FAMILY!
NOTIFY EVERYONE WHO HAS BEEN IN CONTACT

* Head lice treatment is available for free. All you have to do is ask your GP, health visitor or pharmacist. Always read the label.

FACT 4

Using a Defence Spray coats the hair in a thin film that deters lice over an eight hour period.

FACT 3

A head lice life cycle lasts 38-45 days - making it necessary to repeat treatments to fully break the cycle.

FACT 1

In a lifetime, a female louse can lay up to 120 eggs and it is difficult to kill all the eggs present when the infestation is first treated.

FACT 2

Nits hatch 6-10 days after being laid, continuing the life cycle and making infestation often an ongoing problem.

