

HEAD LICE ALERT!

Head lice sometimes can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice or eggs. You can do this by combing their hair with a special fine-toothed comb. You can buy these online or at the chemist.

You can't prevent head lice

There's nothing you can do to prevent head lice. You can reduce the risk of lice spreading by avoiding head-to-head contact.

Don't use medicated lotions and sprays to prevent head lice. This can irritate the scalp.

There's no need for children to stay off school, or to wash laundry on a hot wash.

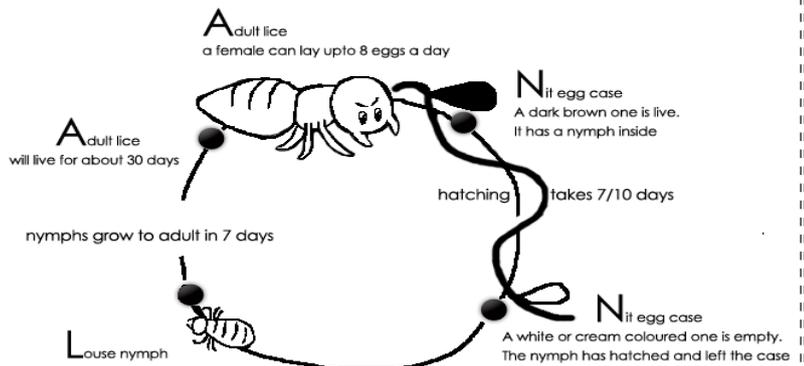
How to get rid of head lice

You can treat head lice without seeing your GP.

Treat head lice as soon as you spot them. You should check everyone in the house, and treat them on the same day if they have head lice.

There's no need to keep your child off school with head lice.

Basic lifecycle of the head louse



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If you don't want to use chemicals

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

Follow the instructions on the pack, but generally you:

- use the comb on wet or dry hair, although it usually works best on wet hair with conditioner
- comb the whole head of hair, from the roots to the end of the hair
- repeat every few days for 2 weeks

Head lice Use lotion or spray to treat

You can use medicated lotions and sprays that kill head lice in all types of hair, including afro hair. You can buy these from pharmacies, supermarkets or online.

Head lice should die within a day. Lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly-hatched lice. Check the pack to see whether they're okay for you or your child to use and how long they should be left in the hair.

If lotions or sprays don't work, speak to your pharmacist about other treatments.

Some treatments aren't recommended because they're unlikely to work.

- products containing permethrin
- head lice "repellents"
- electric head lice combs

tree and plant oil treatments, such as tea tree oil, eucalyptus oil, and lavender oil herbal remedies.

Our Family Support Worker is

Mrs Smith.

Please pop in for a chat if she can help!