



## HOW TO GET RID OF HEAD LICE

### HOW TO SPOT HEAD LICE

Head lice can be difficult to spot, even when the head is closely inspected. They're very small whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed. Other signs are:

- small white eggs or nits (egg cases) in the hair behind the ears or at back of the neck
- an itchy scalp
- a rash on the back of the neck

### PREVENTION

It's very difficult to prevent head lice but there are some things that help reduce the risk.

- tie long hair up
- use a tea tree shampoo
- regular detection combing - on a weekly basis

### DETECTION COMBING

- Wash the hair with ordinary shampoo and apply plenty of conditioner.
- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time - remove lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas and continue until you find no more lice.

### TREATMENT

The main treatments are:

- lotions or sprays that kill head lice
- removing head lice with a specially designed comb - see detection method above.

A pharmacist can advise you about the treatments available if you're not sure which is best for you or your child.