

## HOW TO TREAT HEADLICE

- Treat anyone in your home who has been found to have living, moving lice at the same time with a head louse **lotion** (not shampoo)
- Ask your local chemist or family doctor which lotion to use and how long to leave it on
- Put the lotion on to **dry** hair
- Use the lotion in a well-ventilated room or in the open air
- Part the hair near the top of the head, put a few drops on to the scalp and rub it in. Part the hair a bit further down the scalp and do the same again. Do this over and over again until the whole scalp is wet
- You don't need to put lotion down long hair any further than you would put a pony-tail band
- Use enough lotion, at least one small bottle for each person, more if the hair is thick. Use all the lotion up
- Keep the lotion out of the eyes and off the face. One way is to hold a cloth over the face
- Let the lotion dry on the hair. Some lotions can catch fire, so keep well away from flames, cigarettes, stoves and any other source of heat  
Don't use a hair dryer
- Apply a second treatment seven days later in the same way with the same lotion
- Re-check everybody a day or two after the second treatment. If you still find living, moving lice, ask your local chemist or family doctor for advice

## HAVE YOU GOT HEAD LICE?



## NOTES FOR FAMILIES

## DETECTION COMBING – HOW TO DO IT

### You will need:

- An ordinary comb
- A plastic detection comb (available from the chemist)
- Good lighting
- Wash the hair well, then dry with a towel. The hair should be damp, but not dripping
- Make sure there is good light. Daylight is best
- Comb the hair with an ordinary comb
- Start with the teeth of the detection comb touching the skin of the scalp at the top of the head. Draw the comb carefully towards the edge of the hair
- Look carefully at the teeth of the comb in good light
- Do this over and over again from the top of the head to the edge of the hair in all directions, working round the head
- Do this for several minutes. It takes 10-15 minutes to do it properly for each person
- If there are head lice, you will find one or more lice on the teeth of the comb
- Clean the comb under the tap. A nail brush helps to do this

### Notes

- Head lice are little insects with moving legs. They are often not much bigger than a pin head, but maybe as big as a sesame seed (the seeds on burger buns)
- Don't treat unless you are sure that you have found a living, moving louse
- Don't use a lotion on your family "just in case." It's never really a good idea to use chemicals if they aren't really needed
- Check all the heads of people living in your home
- You can get a plastic detection comb from your local chemist or family doctor

