



Head Lice information

HEAD LICE - INFORMATION FOR PARENTS

Head Lice is very common in schools, and whilst lice are nothing more than a nuisance, it is important that children are checked on a weekly basis so that any head lice can be dealt with quickly and before that are allowed to spread too far. Follow the simple Check, Treat, Complete routine below to ensure that you are doing your bit to keep head lice outbreaks to a minimum.

CHECK

- * Your child's hair once a week.
- * Use a proper detector comb - with teeth no more than 0.3mm apart to trap head lice and white in colour so that they can be easily seen.
- * If you find live lice, consult a pharmacist for treatment advice.
- * If head lice are spotted, take a close look at all the family, including yourself and ask close family and friends to check as well.

TREAT

- * Only treat if live lice are identified
- * Use a clinically proven treatment.
- * Leave the treatment on for the recommended time for maximum effect - leaving on for longer will not make it more effective.

COMPLETE

- * Repeat the treatment for a second time seven days after the first to kill any lice that may hatch from eggs during that time, if the pack instructions specify that a second application is required.
- * Check that all head lice have gone within two to three days of the final application of head lice treatment to complete the process.
- * For further information on head lice see your pharmacist or visit www.onceaweektakeapeek.com

COMMON MYTHS

- * Head lice can only be passed by direct head-to-head contact. They cannot jump, fly, hop or swim.
- * Head lice cannot be caught by sharing things like hairbrushes, towels or bedding. Head lice can only survive on heads, dying quickly once away from their food source. Adults and nymphs can only survive for 8 to 24 hours without feeding.
- * Having head lice has nothing to do with personal hygiene or having dirty hair. They can live on all types of hair and have no preference towards clean or dirty.
- * Lice live incredibly close to the scalp and can survive on hair as short as 2mm long, so cutting or shaving hair will not necessarily help.

HEAD LICE HOME REMEDIES

Tea tree essential oil is a natural insecticide, making it an effective treatment for head lice.

1. Mix together one teaspoon of tea tree oil, one ounce of natural shampoo and three tablespoons of coconut or olive oil
2. Apply the solution gently throughout your hair and cover your head with a shower cap or towel. Leave your head covered for a half an hour and then rinse thoroughly with hot water.
3. Finally, comb through your hair while it is still wet to remove the dead lice.

Note: Do not apply tea tree oil directly to the scalp.