

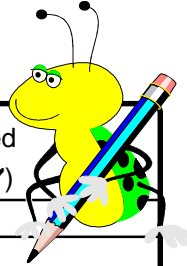
Contact Tracing

To stop you from being re-infected, it is important to find out where you caught the lice from and also to find who you may have given them to. You probably caught them from a family member or close friend, who does not know they have lice.

Use the check list below to make sure you get in touch with everyone who has been in close (head to head) contact with the infected person. All the people on your list should check themselves and their families for head lice using detection combing. Anyone who is infected with living, moving lice should be treated straight away.

Contact check list:

	Name(s)	Contacted (✓)
Parents		
Grandparents		
Brothers/Sisters		
Sons/Daughters		
Aunts/Uncles		
Cousins		
Nieces/Nephews		
Friends		
Lodgers		
School/Nursery		
Babysitter		
Clubs		
Guides/Scouts		
Other		



The Problem Won't Go Away?

DID YOU ...

- ... use enough lotion or liquid?
- ... apply it correctly?
- ... let it dry naturally?
- ... leave the lotion or liquid on for **12 hours**?
- ... use a second bottle **7 days** after the first?
- ... check all your close family and friends?
- ... check adults as well as children?
- ... treat all infected contacts at the same time?

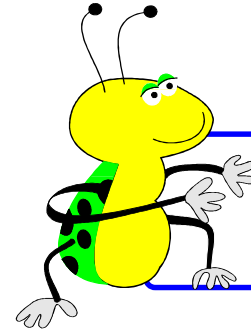
Remember

It doesn't matter how many nits you have, or how itchy your scalp is - if you can't find a living, moving louse, you don't have head lice.

HEAD LICE

April 1999

These notes are intended for families. Please photocopy and give to patients.



The Facts of Lice

- Head lice are small insects (about the size of a sesame seed when fully grown) that live very close to the scalp.
- Nits are not the same as lice. Nits are the empty egg cases which stick to the hair.
- You only have a head louse infection if you find an actual living, moving louse (not a nit).
- Head lice spread by climbing rapidly from head to head. They do not fly, jump or swim.
- Anybody can get head lice - both adults and children.
- A lot of head louse infections are caught from close family and friends in the home and community, not always at school.
- Head lice don't care if the hair is dirty or clean, short or long.
- Regular hair care may help to spot lice early.
- The best way to stop infection is for families to check their heads regularly (once a week if possible) using detection combing.

This leaflet was published by the National Prescribing Centre. It is based on a leaflet originally produced by the North West (Liverpool) Drug Information Centre.

How to detect head lice

You will need:

A fine tooth detector comb

These are available from your pharmacist - ask for help if there are none on display.

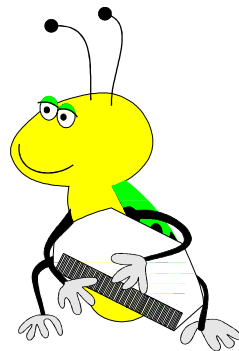
- 1 Wash the hair well and leave hair wet, but not dripping.
- 2 Ensure that there is **good lighting** - daylight is best.
- 3 First, comb the hair with an ordinary comb. Then, using the detector comb, begin at the top of the head and making sure that the comb is touching the scalp, slowly draw the comb towards the ends of the hair.
- 4 Check the teeth of the comb carefully.
- 5 Repeat steps 3 and 4, working your way around the head from the top of the scalp to the ends of the hair. This should take 10 to 15 minutes.

If there are head lice, you will find one or more on the teeth of the comb.

- 6 If you find lice, or something which you are unsure about, stick it to a piece of paper with clear sticky tape and take it to your nurse, local pharmacist or GP.
- 7 Some people find that it is helpful to rub a handful of conditioner into the hair before combing. If you do use conditioner then remember to:
 - wipe the comb with tissue paper after every stroke to check for lice
 - rinse it off thoroughly after combing is finished

The best way to stop infection is to do detection combing regularly.

NEVER use insecticides to PREVENT infection, or just in case.

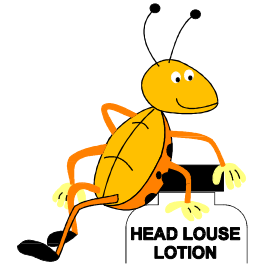


How to treat head lice

Do not start treatment unless a living, moving louse is found and this is confirmed by your nurse, pharmacist or GP.

If your nurse, pharmacist or GP has not examined the affected head themselves, try to show them a sample of the louse attached to some sticky tape.

Ask your nurse, pharmacist or GP which treatment to use. Insecticides are the usual recommended treatment. Do NOT use head louse shampoo.



- Apply lotions or liquids to **dry** hair in a well ventilated room.
 - Part the hair near the top of the head. Put a few drops of the lotion or liquid on to the scalp and rub it in. Part the hair again a bit further down the scalp and rub in some more of the lotion or liquid. Repeat this until the whole scalp is wet. You don't need to apply the lotion or liquid beyond where you would put a pony tail band. Take care not to get the lotion or liquid in the eyes or on the face.
 - Let the lotion or liquid dry on the hair naturally. Keep well away from naked flames, cigarettes or other sources of heat. Do NOT use a hair dryer.
 - **Lotions and liquids must be left on the hair for 12 hours or overnight.** Then, wash and rinse hair as normal.
- You should use at least one small bottle of lotion or liquid per head, more if the hair is thick.**
- Repeat the entire treatment **7 days** later, using a second bottle of the same lotion or liquid.
 - Check the head two to three days after the second treatment. If you still find living, moving lice ask your nurse, pharmacist or GP for advice.

Note. If a cream rinse preparation is used rather than a lotion or liquid, the instructions are slightly different. Cream rinses should be applied to damp hair, and left on for ten minutes before rinsing off. This should also be repeated after **7 days**.