

IIINFORMATION LEAFLET FOR PARENTS/CARERS

HEADLICE

Facts about Headlice

- Head lice are small insects which are normally found close to the scalp where there is warmth, food and shelter from detection.
- They **cannot** fly, jump or hop and are spread where heads touch each other.
- Head lice are very common and affect most children some time in their life.
- Most head lice infections are not caught in school.

Treatment with Insecticide Lotions

Insecticides should only be used if live lice are found in the hair- it should never be used to prevent lice.

<u>Advantages</u>	<u>Disadvantages</u>
A quick and easy method of treatment	Alcoholic preparations may induce an allergic reaction.
Evidence available indicates that this method of treatment is successful	A more expensive method than wet combing
	Inappropriate repetitive use can lead to resistance to further head lice infections.
	Can cause skin irritation is used repeatedly.

HOW CAN I PREVENT/DETECT/TREAT HEAD LICE?

PREVENTION

Children should have their own comb and be taught how to use it. Combing hair twice a day and regular washing hair will prevent any head lice infection.

DETECTION

Shampoo hair and apply plenty of conditioner to make hair wet and slippery.

Comb the hair from scalp outwards, section by section, with a fine comb for at least 10 minutes over a sink. If lice are present they will fall out or stick to the comb.

The comb should be washed or wiped clean with a paper towel between **each** stroke.

Repeat this method as often as required.

TREATMENT

Wet-Combing Method



- It is recommended to use insecticide lotions to treat headlice. This should be carried out 3-4 days over a 2 week period
- The principles of this method: WASH, RINSE, CONDITION AND COMB.
- This method follows:-
 - Wash the hair with ordinary shampoo
 - Put ordinary conditioner on the hair
 - Sitting upright or over a bath comb through the hair
 - Rinse the hair until dripping wet
 - Work through the hair with the comb again, section by section.

Lotions are available from a pharmacy, without a prescription. After treatment the wet combing method should be used to check for head lice and remove dead eggs.

REMEMBER:

PLEASE LET A CHILDS SCHOOL KNOW THAT YOU HAVE FOUND HEAD LICE AND HAVE UNDERTAKEN THE APPROPRIATE TREATMENT.

REGULAR SHAMPOOING, AND CONIDITONING AND DAILY COMBING OF HAIR WILL REDUCE THE CHANCES OF HEAD LICE BEING FOUND IN CHILD'S HEAD.