

HEAD LICE – A GUIDE FOR PARENTS

Checking the hair of everyone in the family at least once a week ensures early detection.



WET COMBING – HOW TO DO IT!

You will need:



A Nit Comb
Good lighting
An ordinary Comb or Brush
Conditioner

- 1) Wash the hair well, then dry it with a towel. The hair should be damp, not dripping. Apply ordinary conditioner and leave in the hair.
- 2) Make sure there is good light. Day light is best.
- 3) Brush or Comb the hair first. You may find dividing the hair into sections with clips etc. useful.
- 4) Start with the teeth of the detection comb touching the skin of the scalp at the top of the head.
- 5) Comb through each section from the scalp to the ends of the hair.
- 6) Look carefully at the teeth of the comb in good light and wipe with a tissue.
- 7) Do this for as long as it takes to comb each section of the hair.
- 8) If there are head lice, you will find one or more lice on the teeth of the detection comb.
- 9) Continue to comb through each section to remove any live lice until no more are detected.

This will not remove 'live' eggs so you will need to repeat every day in order to remove any newly hatched lice.

- 10) If you are going to use lotions DO NOT TREAT unless you are sure you have found a living moving louse