



**REMEMBER
ONCE A WEEK,
TAKE A PEEK**

SPREAD THE WORD

We can fight the spread of head lice but we need to all work together.

CHECK • The child's hair once a week

- Use a detection comb to trap head lice, preferably white in colour so they can easily be seen
- If you find live lice, consult your pharmacy team 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.** Those with a physical mode of action present no known risk of lice resistance
- Leave the treatment **on for the recommended time for maximum effect** – leaving it on for longer will not make it more effective

COMPLETE

- Check that all head lice have gone within 2-3 days of the final application to complete the treatment
- If the pack instructions specify that a second application is required, repeat the treatment seven days after the first application to kill any nymphs which have hatched since the first treatment was applied
- The remaining nits need to be removed, so to avoid hair breakage and for the easy removal of nits, try a gel-based product carrying lubricant oil, which chemically loosens the bond between the egg and the hair, allowing the egg to slide off easily using a comb
- Continue to check for head lice on a regular, weekly basis
- Regular use of a leave-in conditioning spray (1% octanediol), clinically proven to protect against head lice infestations, can help prevent future outbreaks by killing lice before they have chance to spread

How to check for Headlice

- Checking for head lice shouldn't be considered a big deal, it's just a normal part of a family's personal hygiene routine like brushing teeth or washing hair
- It's best to check for head lice using a comb made for the purpose, ideally white so they can be easily seen and with teeth no more than 0.3mm apart in order to trap head lice (ask your pharmacist)
- Combing through the hair when wet, or after applying a conditioner, may make the process more comfortable
- Good lighting is important and so is comfort to ensure the child stays still. Perhaps distract the child with the TV or reading a book

Your home is a lice free zone **Head lice do not survive away from the head.**

Therefore, there's no fear of lice spreading to clothes, furniture or bedding so excessive cleaning is not needed. **If live lice are found on one member of your family, simply check everyone's hair and then treat as necessary**

True - Head lice can only transfer from a child's head through moderately prolonged head-to-head contact

False - Head lice can jump from one head to another

Use the back of this sheet to record when you check your child/children