

# Head Lice: everyone's business

Information for parents



**School  
Nurses**



Who are we and what do we do??



**NITS**

**BUGS**

# HEAD LICE

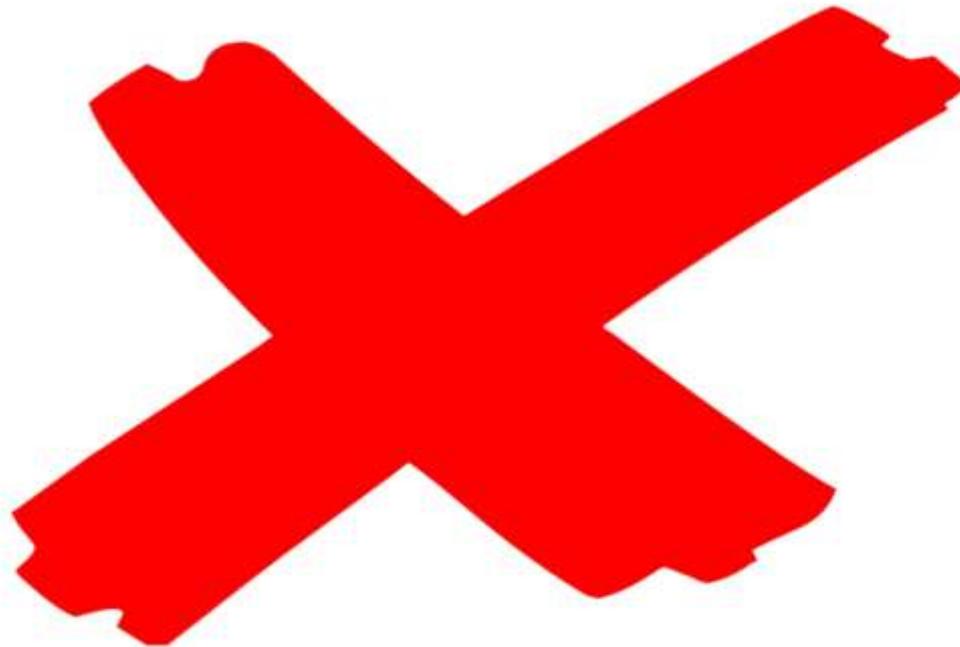
**FLEAS**

**DICS**



**CREEPY  
CRAWLIES**

# School Nurse support



# What are Head lice??

- Head lice are small, wingless, blood-sucking insects.
- They live in the hair on your head and feed off the blood from your scalp.
- A louse (a single adult) is about the size of a sesame seed.
- A nit (louse egg) is about the size of a small flake of dandruff

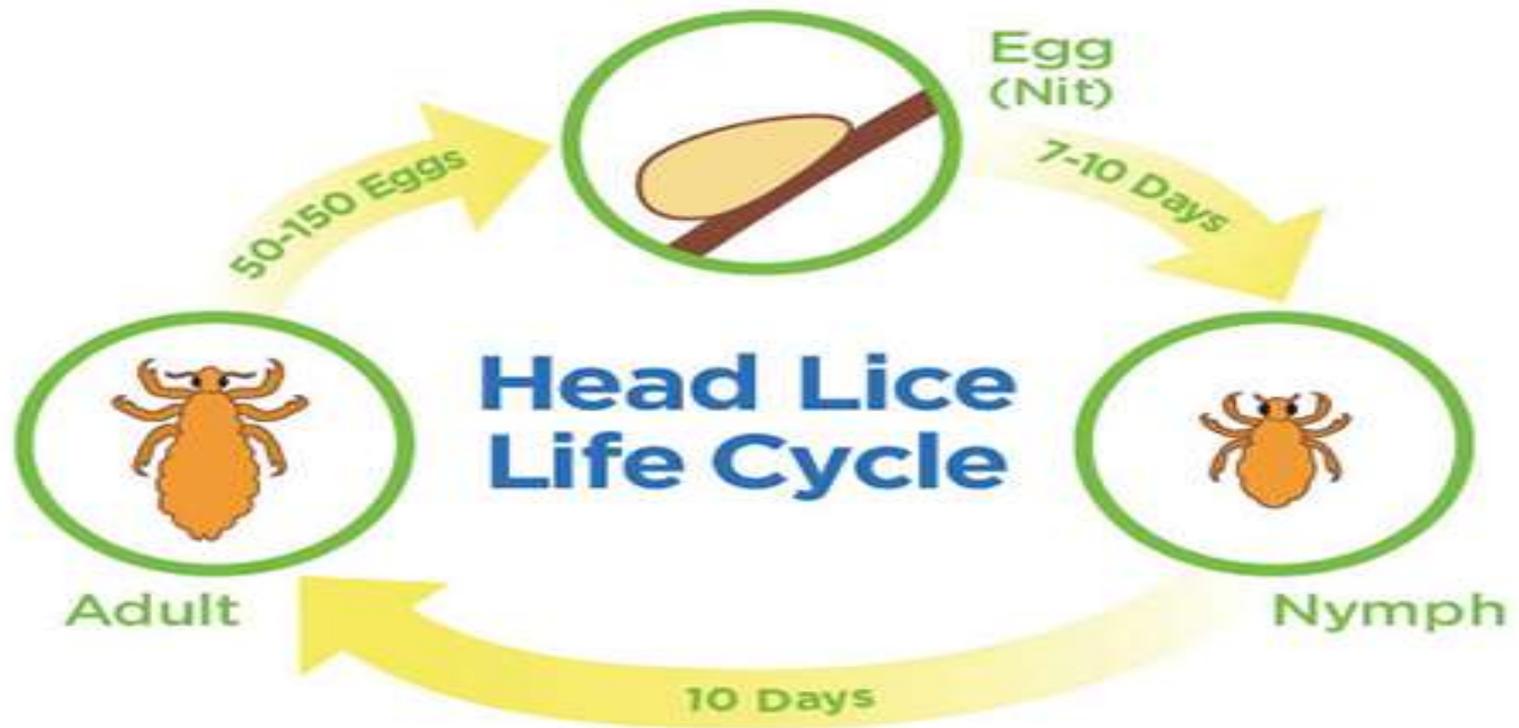
- Head lice infestation is very common
- Been around since ancient times.
- 6-12 million cases annually.
- Lice and nits are usually found where the hair is thickest — behind the ears and around the nape of the neck.



# Myth vs Fact – True vs False

- Myth 1: Only dirty individuals get head lice. **True or False?**
- Myth 2: Head lice jump and fly from person to person. **True or False?**
- Myth 3: You have to cut off all your hair to get rid of them. **True or False?**
- Myth 4: Head Lice are extremely contagious and individuals with head lice should be isolated until all nits are gone. **True or False?**
- Myth 5: Head lice carry diseases. **True or False?**

# Lifecycle



# Signs and Symptoms

- A tickling feeling of something moving in the hair;
  - Itching
  - Sores on the head
  - Irritability
  - Sometimes there are no symptoms
  - You can see them!
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- **Vigilance and regular hair checks is key to the management of head lice**

# Treatment

- Treat head lice as soon as you spot them.
- Check everyone in the house
- Treat them on the same day if they have head lice.
- There's no need to keep your child off school if they have head lice.
- Wet combing – using conditioner
- Change bedding and wash on a high temperature

# Wet combing

Try this first –

- Fine-toothed comb
- Wet with conditioner
- Comb the whole head of hair, from the roots to the ends
- Repeat every 2-3 days for 2 weeks until the hair is clear of eggs and lice
- Be patient

# Medicated lotions and sprays

If not clear by 2 weeks try these -

- Supermarket, chemist, pharmacy or GP
- Usually head lice die within a day.
- Still wet comb your child's hair
- Some treatments need to be repeated after a week to kill any newly hatched lice.
- If lotions or sprays don't work, speak to your pharmacist about other treatments.
- Always read the instructions

# REMEMBER

- Regular hair checking is key- WEEKLY
- Wet combing to ensure the hair is clear
- Speak to your pharmacist for treatment advice
- Check and treat the whole family

ANY QUESTIONS?



Thank you!