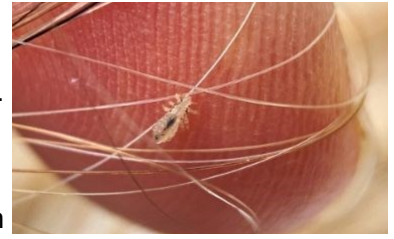


HEAD LICE FACTS SHEET

WHAT ARE HEAD LICE?

Head lice are very small parasitic insects, about the size of a sesame seed. They are usually light brown in colour.



Close inspection of the scalp may reveal whitish eggs (nits) firmly attached to the hair, especially at the nape of the neck and above the ears. Hatched lice and itchy red marks may also be seen.



HOW ARE LICE TRANSMITTED?

Frequent bathing or shampooing will not prevent lice or eliminate them once they are established. Lice cannot jump or fly and are usually transmitted by contact with an infested person.

SYMPTOMS

Head lice can cause an itchy head - this may be worse behind the ears or on the back of the neck. However, a person can have head lice for up to three months before noticing any itchiness, or may not have any itching at all.

HOW DO I LOOK FOR HEAD LICE?

Head lice can be hard to spot on the hair but once removed are more easily identified. If head lice are suspected or you have noticed them on the hair an easy way to check is:

-buy a cheap bottle of conditioner:

- Step 1. Coat dry, detangled hair with conditioner . This makes it difficult for lice to grip the hair or run around.
- Step 2. Thoroughly comb sections of the hair with a fine tooth head lice comb.
- Step 3. Between each stroke rinse the comb in a bowl of warm water and you will see the insects floating on the top alternatively, wipe the conditioner from the comb onto a paper towel or tissue and look for the lice and/or nits.

WHAT TO DO?

If you do find signs of head lice on your child, do not panic.

There are a number of simple and effective treatments available from your local pharmacy. Current products for the treatment of head lice are available in three main formulations: Lotion, Shampoo & Creme Rinse. Once the treatment has been done according to the instructions on the packet, comb through the hair again with the fine tooth head lice comb. This will help to remove the dead eggs and lice, and possibly any eggs still living.

Then, buy a cheap bottle of conditioner and each day follow steps 1-3 as above. Repeat the conditioner treatment every day until no lice or eggs are found.

If one member of your family has head lice, all members should be checked to avoid cross infestation. Shoulder length or longer hair must be tied back when children are at school.