

DEAR PARENT/ CARERS,



Top tips for detecting and controlling headlice infestation

- Top tip and most important, check your child's hair (and the rest of your family) regularly.
- Make sure your child's hair is **TIDED UP for school. Such as: PONY TAIL, BRAID etc.**
- Use a detection method proven to be effective ('wetcombing' at least once a week – see the next section).
- The 'just in case method' can harm your child's scalp and cause lice to become immune to lotions.
- If you detect headlice it is important to try and eradicate them quickly as they breed and lay eggs, which will hatch between 10-15 days later.
- An adult head louse can live up to 2 days in a hairbrush so it is important to avoid sharing brushes and combs.

WHAT IS 'WET COMBING'?

- Wet combing is a method for detecting and eradicating headlice. It can be used on all members of the family including babies and is 4 TIMES MORE EFFECTIVE than using a lotion or shampoo.
- It is simple and inexpensive, buying a comb costs about 60p but make sure you get a fine bug-busting comb (some of them are not fine enough to comb out all the lice and eggs).
- WASH hair, RINSE and then ADD CONDITIONER.
- Comb the hair with a normal wide toothed comb to get rid of knots and tangles.
- Section hair in to small areas and tie with a hair tie



- **COMB EACH SECTION SEPRATELY** with the **DETECTION COMB**, start at the roots close to the scalp. Comb down the hair shafts then look for signs of louse in the teeth of the comb. They will look like small speckles of pale brown flakes. They will be in the root scalp or in the strand of hair which is normally missed! (see pictures below)



- Rinse the comb under running water and repeat the combing process until all the conditioner has been combed out.
- Rinse hair with clean water and repeat weekly (more often if you've found headlice).
- Make it part of the regular bath time routine.

Educate your children about hair care and headlice – there are lots of great activities for kids to learn about headlice on www.headlice.org/kids Adults can also go to www.wellchild.org.uk