



Snug Primary - Head Lice Information

- Head lice prefer clean hair.
- Head lice don't spread disease.
- Keep long hair tied back.
- A magnifying glass and good light can help find head lice and eggs. A bright light, like a Fantastic heater can make brown eggs easier to see.
- Not everyone who has head lice itches.



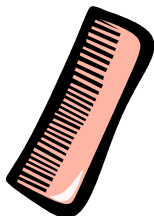
How are Head Lice Spread?

- Head to head contact.
- Sharing brushes, combs, towels and head gear such as hats, scrunchies, bathing caps, helmets, dress up clothes.
- They need the warmth of the scalp to live.
- Head Lice have been known to live for a day or two away from the scalp.
- Itching can last for a few days after lice and eggs have been removed.

What are Head Lice like?

- Females lay eggs (known as nits) close to the scalp.
- Nits attach to the base of hair strands.
- Nits are yellow-white and brown in colour and are less than 1mm long.
- Nits are often found behind the ears, on the nape of the neck and fringes.
- Hatched eggs stick to the hair and are usually easy to see.
- They don't fall out when you shake your head

Removing Head Lice



- Check every person who has been close to the person with head lice.
- Be sure to check beards.
- Treat any live head lice found.
- Be sure to remove all eggs.
- Chemists will provide advice about which commercial head lice treatment to buy and how to use it. *You will still need to remove the eggs.* Don't use commercial treatments with infants under 2 years, if you're pregnant, breast feeding or have sensitive skin.
- If commercial products aren't successful you may like to try the prevention strategies on the back of this page.



Head Lice Prevention

Little is scientifically known about the success of “natural” products. We are not recommending any of treatments listed below however some people have reported having success with them.

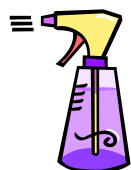


Hair Conditioning and Wet Combing.

It's recommended that this treatment be done every 2nd day for 1 week, then twice weekly for 2 weeks, then weekly for 2 months.

This will not kill eggs. It immobilizes lice so they can be combed out.

- Wet hair and squeeze dry. Apply a large amount of conditioner.
- Use a normal comb to remove any tangles.
- Use a fine tooth comb to comb hair. Comb from the scalp to the tips of the hair. Comb every part of the hair at least 5 times.
- Be sure to wipe the comb (on a tissue or towel) after each stroke to remove any lice.
- Allow conditioner to dry in the hair. Don't dry with a hair dryer.
- To reduce the risk of re-infestation **it's essential that all eggs are removed.** Use a fine tooth comb first then your thumb and fingernails to drag the eggs along the hair strand. The fine tooth comb will remove some of the eggs not all.



Tea Tree Oil

Doesn't kill lice or eggs. It is thought to help prevent re-infestation. Put oil in water and spray on hair daily.



Cleaning Bedding, Clothing and Carpets.

It is thought not to be necessary to clean bedding, clothing or carpets. Many parents prefer to wash bedding and clothing. Some people have found that ironing these items with a hot iron helps.

It's recommended that brushes are washed in hot soapy water and left in the sun to dry.

An Electronic Lice Comb is available for borrowing from school.

There is no charge.