

**For further information:**

*Please contact your Public Health Nurse*



CC3325

# HEADLICE CAN CATCH ANYONE



Headlice (kutu / utu) are tiny black or brown insects that live in the scalp. They lay their eggs (nits) close to the scalp, attaching them with a glue like substance.

**Headlice travel from head to head when heads are touching**

## PREVENTION

### *The most important part*

On average headlice are on a head for several weeks before they are discovered. By that time there are lots of them.



## HAIR BRUSHING

every night using a firm bristled brush. Bend forwards and brush hair from:

- back of the neck over head at least 10 times
- from right ear across head at least 10 times
- from left ear across head at least 10 times

## CHECK HAIR

every week using the fine tooth combing method. (See next page)

Don't share brushes, combs, hats, hair ties. Wear long hair tied back or up.

## TREATMENT

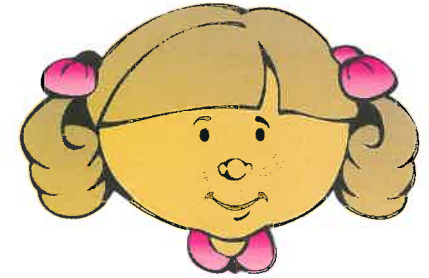


Only treat if you find lice or see eggs closer than 1 centimetre from the scalp.

Check everyone in the household, including adults. (Some people don't itch when they have headlice.)

NB!! We have free nit combs and nit removal product here in the school office.

## WE RECOMMEND



*A - Fine tooth combing*

*or*

*B - Headlice Shampoo and fine tooth combing*

*or*

*C - Robicomb*

## FINE TOOTH COMBING

Buy a fine tooth comb (nit / flea comb) from the chemist or vet. Using lots of conditioner, and while the hair is wet, comb from the roots out. You will need to divide the hair into sections

Do this every 3 or 4 days for at least 2 weeks to comb out the lice. (Some people find combing dry or damp hair easier)

## HEAD LICE SHAMPOO

Buy the special shampoo from the chemist and follow the instructions *carefully*. Always repeat the shampoo treatment in 7 days to kill any newly hatched lice.

Following the second treatment, use fine tooth combing method every 3 or 4 days for 2 weeks to ensure that all lice are gone.

## ROBICOMB

This battery operated comb electronically kills or stuns the lice when they are caught in its teeth.

*Head lice live only on the head, there is no need to wash sheets and pillowcases.*