



HEAD LICE

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Head lice can make your neck, scalp or hair feel itchy or like there is something moving in your hair.



INCUBATION

Head lice eggs (also known as nits) are brown or white (empty shells). They attach to the hair and can be very difficult to spot in hair. Everyone in the house should be checked and start treating anyone who has head lice on the same day.

TREATMENT

Treat head lice as soon as you spot them. They can be removed by wet combing. Wash hair with shampoo and apply lots of conditioner. Comb the whole head of hair, from the roots to the ends. Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again on day 17.



TOP TIPS

You can buy a special fine-toothed comb (detection comb) to remove head lice and nits. There is no need to keep your child off school if they have head lice - but do let the class teacher know. If wet combing has not worked or is not suitable, you could try a medicated lotion or spray.

PHARMACY

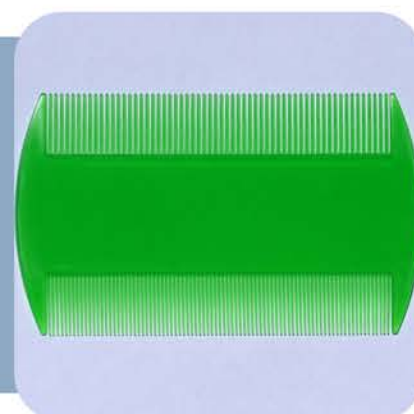
FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111