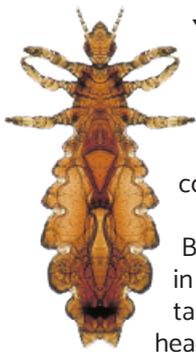
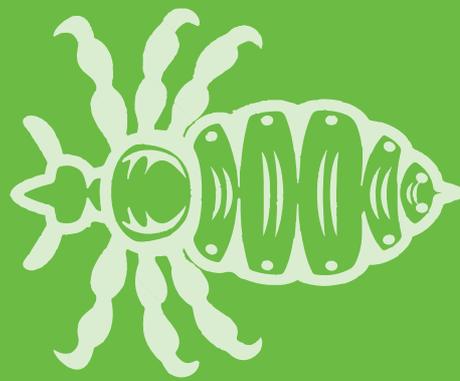


# LICE

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# NICE



## YUCK. HOW DID MY CHILD GET LICE/NITS?

Head lice cannot hop, jump, swim, or fly – they spread strictly through direct contact.

Basically, schoolkids spend a lot of time in close contact with each other, and lice take the opportunity to move from one head to the next. They can also temporarily live on combs, hairbrushes, hats, hair ties, and even cushions or soft furniture. **Getting lice has nothing to do with hygiene** – you could be washing your child's hair every night, and they can still get lice.

Head lice are happy on any head, whether the hair is long, short, young, old, clean, or dirty.

## PREVENTION



Don't share hats, brushes/combs, or other personal items.



Brush hair regularly. Brushing or combing can remove head lice before they have a chance to lay eggs and settle in.



Tie up long hair to help prevent lice from spreading.



Don't hang hats, coats, and scarves too close together at school.



Check your child's hair at least once a week, especially if you know lice have been detected on others in the classroom.



Put pillows, bed linens, and stuffed animals in the dryer on high heat for 30 minutes to kill lice and eggs.



## WHAT ARE LICE?

Head lice are small insects that live on humans' heads and feed on small amounts of blood. Adult head lice lay eggs (often called nits) on the hair, usually within 5 mm of the scalp.

Lice are specialised to live on human heads and can only live for a short time away from one. They don't live anywhere else on the body, or on any other animals.

Head lice are hard to see because they are small, can hide in the hair, and come in various shades of brown and grey. Adult head lice are 1–3 mm long, and the eggs/nits are usually pale in colour and about a millimetre in size.



## TREATMENT

Does your child or someone in your family have lice? Never fear!

The best method for getting rid of lice is **combing**. You must be sure to have a proper comb: fine-toothed, metal, with long teeth is best **The COMB is KEY!**



### FOLLOW THESE STEPS

- 1 Comb through hair with a regular comb or brush, to remove any tangles.
- 2 Cover the dry hair with conditioner from roots to tips.
- 3 Separate hair into small sections, then comb from root to tip with the metal, fine-toothed lice comb. Deposit any lice or eggs that are dislodged into a bowl of hot, soapy water.
- 4 Comb each section of hair twice.
- 5 Repeat these steps every 2–3 days, until you haven't found any lice or eggs for 10 days.

### TIPS

- Comb under a bright light if you can – it's easier to spot the little creatures!
- Head lice shampoos and lotions are available from your chemist, but you must follow the instructions carefully. Some lice have become resistant to these chemicals due to overuse.
- NEVER use harsh chemicals, such as fly spray, flea spray, or kerosene, on your child's head. It's unnecessary and can cause serious harm!