***WARNING WARNING***

They're Here Again Folks!!!!

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And Please Remember.....

Lice Love Clean Heads Too!!!

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Lice Love Clean Heads Too!!!
**WHAT ARE HEAD LICE AND NITS?**

- Head lice are tiny insects that live in hair where they breed and feed on blood from the scalp. They are about the size of a sesame seed, have 6 legs and range from tan to greyish white in colour. They live up to 30 days and cannot survive for more than two days away from the human scalp.
- Nits are the eggs of the head lice. They look like small, whitish specks about the size of a pinhead and you will find them glued to the hair shaft. Nits (eggs) are first laid very close to the scalp, and then grow out with the hair. Nits (eggs) hatch within 7 to 10 days and mature into adult lice in about 7 days.
- Head lice only crawl; they cannot fly or jump and they do not live on animals.

**WHERE ARE HEAD LICE & NITS MOST COMMONLY FOUND?**

- Nits (eggs) are usually found on the hair shaft at the nape of the neck, under the fringe and behind the ears. Head lice hang to the hair with hook-like claws at the end of each leg.

**HOW DO YOU CATCH HEAD LICE?**

- Lice are spread by head-to-head contact with an already infested person. Another possible risk comes from wearing hats, scarves, hair ribbons, scrunchies and by using infested combs and brushes that have been used by an infested person.

**WHAT ARE SOME OF THE SIGNS OF HEAD LICE?**

Many lice infestations cause no symptoms (especially in adults), so looking in the hair is important.

- Symptoms include:
  - Ticking feeling of something moving in the hair.
  - Itchy scalp from lice bites. Sores can develop on the head from scratching the bites and these can sometimes become infected from being scratched.
  - Fine black powder (lice laces) or pale grey lice skins may be seen on the pillow.

**HOW DO I CHECK FOR HEAD LICE & NITS?**

- Look closely through the hair and scalp for nits (eggs) or lice. Lice can move quickly from searching fingers! Look using a bright light, in sunlight, with a magnifying glass, or a fine tooth comb to help you see the lice or nits.
- Nits (eggs) are usually noticed first and are easier to see, as they are glued to the hair shaft, behind the ears and at the back of the neck. Unlike dandruff they cannot be brushed off. Nits (eggs) feel gritty to touch. If lice are not seen, finding nits close (1cm or less) to the scalp confirms that a person is infested.

**WHAT SHOULD I DO IF I FIND HEAD LICE?**

If you do find head lice or nits on yourself or your children, don’t panic!

- Check all other members of the household for head lice, and only treat if they are detected. Treat everyone found to be infested on the same day. Then treat again in 7 days.
- Tell any possible close contacts, such as school friends, neighbours, and work colleagues.
- After the first treatment, the affected person can return to school or work.

**HOW DO YOU TREAT HEAD LICE?**

**ACTIVE COMPOUND**

SYNTHETIC PYRETHROIDS (Permethrin & Bioallethrin)

MALATHION/ MALADISON

PYRETHRINS

HERBAL

- At time of publication, the availability of products with the listed compounds varied between pharmacies. Please check with your pharmacy for availability of the products that contain the compounds mentioned.

**HOW DO YOU TREAT HEAD LICE?**

For a baby under 12 months of age, or if you are pregnant or breast feeding, or have sensitive skin, please consult a health professional for treatment advice.

**Manual removal may be recommended in preference to product use.**

- Head lice treatments can be purchased from a chemist without a prescription. Follow the instructions provided.
- No treatment kills 100% of nits (eggs), so a follow up treatment 7 days later is required.
- Apply product to all areas of the head, especially the scalp. Comb all hair from the base to tip.
- If you are using a lotion, apply the product to dry hair.
- For shampoos, wet the hair, but use as little water as possible.
- Separate long hair into layers and apply the product to each layer.
- Use the product at full strength and leave it on for the time specified in the instructions.
- After treatment is completed, check for evidence that the product worked. Comb hair with a fine-tooth comb, wipe contents onto a tissue or cloth, and look for any movement. If lice are still active, wash hair and treat again, using another product with a different insecticide base. Don’t forget to read the new instructions!
- Daily combing of hair will eventually remove all lice and nits (whether a chemical product has been used or not).

- As the products are all pesticides, be careful not to get it into eyes, cover eyes with a towel or washer and wear gloves when applying the product, and wash your hands thoroughly after use.