

What can we do about **Head Lice?**

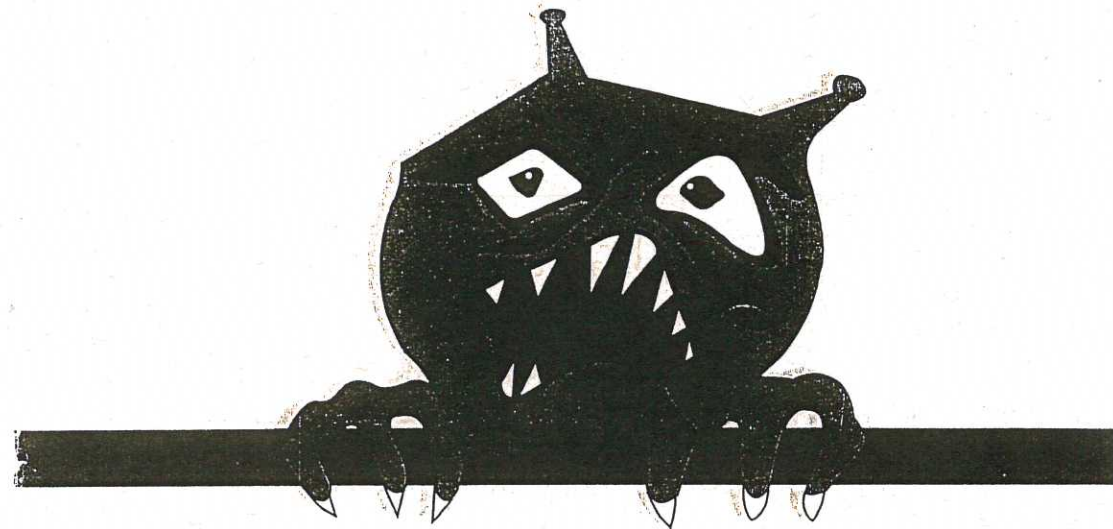
Advice and assistance can always be sought from the school nurse.

Le Bas Centre, St Saviour's Road,
St. Helier JE1 4HR

TELEPHONE ~~01473~~ 443715

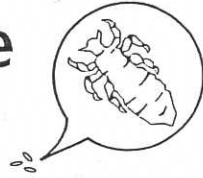
STATES
OF
JERSEY
 **HEALTH
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SERVICES**

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How to find and get rid of unwelcome visitors

Facts about Head Lice



Head lice are small, wingless insects about the size of a sesame seed when fully grown.

They are greyish brown and live in the hair very close to the scalp. They feed by sucking blood through the scalp.

Eggs are very small, creamy brown, laid on the hair strands close to the scalp and take 7 days to hatch, leaving empty egg cases.

Nits are empty egg cases which remain glued to the hair strands and move away from the scalp as the hair grows. They are white and shiny.

You only have a head louse infection if you find a live, moving louse not nits. Nits on their own are a sign of past infection.

Itching is an allergic reaction to louse bites and is a late sign of infection. The itching can take a while to go away after treatment.

Head lice walk or clamber from one head to another if heads are close together for some time. **They do not jump or fly.**

Anyone can catch head lice, young or old, whether the hair is short, long, dirty or clean. On average, a sufferer will have 10 to 15 lice.

Many infections are caught and passed on through family and friends in the home and the community, **not just in school.**

The best way to prevent head louse infections is for families to check their heads regularly (e.g. after each hair wash) using a detection comb and by **following the advice in this leaflet.**

How to detect a Head Louse Infection

This is best done on wet hair as lice are more visible and cannot move on wet, conditioned hair.



You will need a metal fine-tooth head louse detection comb, (available from the pharmacy, school or Le Bas Centre).

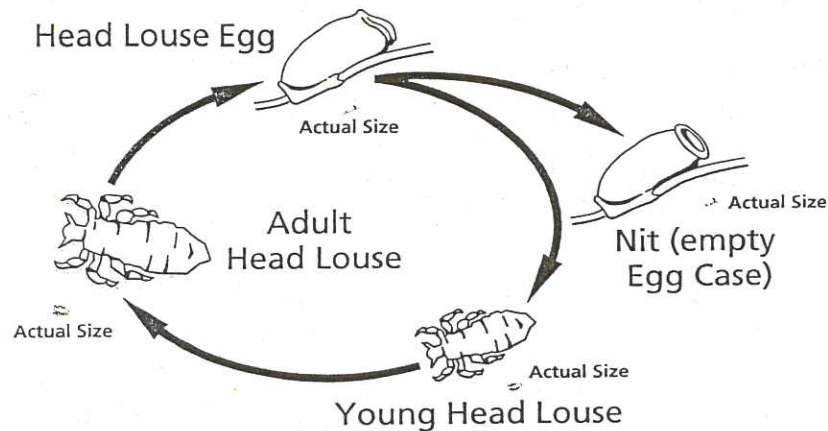
- 1 Wash and rinse hair as normal.
- 2 Apply conditioner and massage in but do not rinse off.
- 3 Remove tangles with a wide tooth comb.
- 4 Using the detection comb, comb hair in sections from root to ends, starting at the forehead and combing towards the nape of the neck.
- 5 Wipe the comb on kitchen paper after each stroke and examine for lice.
- 6 Repeat until the whole head has been covered. It can take 10 to 15 minutes to do properly.
- 7 Rinse hair well.
- 8 Dry hair as normal.
- 9 If any lice are found then carry out contact tracing and treatment as described in this leaflet.

PLEASE NOTE

The best way to stop head louse infection is to carry out detection combing regularly.

How to treat Head Louse Infections

LIFE CYCLE



TO REMOVE HEAD LICE

You need to choose which method of treatment is best for you:

- A** A creme rinse insecticide used for all children over 6 months and adults e.g. **Lyclear**.
- B** A water-based insecticide called a *liquid* used for all children over 6 months and adults e.g. **Derbac**
- C** An alcohol-based insecticide called a *lotion* used for older children and adults, not to be used on eczema or asthma sufferers, e.g. **Suleo, Full Marks, Prioderm**.
- D** The "Bug Busting" method, which is wet combing using a detection comb with conditioner (as described on previous page under **Detection**), repeated daily for two weeks.
Use this method if you wish to avoid using chemicals, but it may not be as effective as insecticides.

Using Insecticide Treatments

- 1** Ask at your surgery or pharmacy which lotion, liquid or creme rinse to use. Obtain sufficient for two 50ml applications repeated seven days apart. Thick, long or curly hair will need extra lotion.
- 2** Apply liquid or lotion to dry hair, or creme rinse to damp hair as per the instructions on the bottle.
- 3** Parting hair and working over the whole head, sprinkle on and rub into the scalp until it is wet. There is no need to apply further down than where a pony tail band is placed.
- 4** Allow the hair to dry naturally and leave on for the time stated on the bottle.
- 5** Shampoo as normal without a conditioner and comb whilst wet if you wish to remove dead lice, eggs or nits (empty egg cases).
- 6** This treatment should kill all the live lice, but not necessarily all the eggs.
- 7** Comb every day for seven days using a detection comb to remove any live lice which may have hatched from the eggs.
- 8** Repeat this insecticide treatment 7 days after first application to kill any live lice which may have hatched and have not been removed by the comb.

Using Insecticide Treatments

*If the problem did not go away, did you ...

- A** Use enough lotion, liquid or creme rinse?
- B** Apply it correctly?
- C** Leave it on for the time specified on the bottle?
- D** Repeat the treatment 7 days later?
- E** Comb every day with a metal head louse detection comb?
- F** Check all the close family and friends and treat at the same time?

REMEMBER

- * **•** There is only an infection if there are live lice.
- * **•** Only treat with insecticides if you have found a LIVE moving head louse.
- * **•** Do NOT use insecticides "just in case" to prevent infection.

Contact Tracing

HOW TO TRACK DOWN LICE BY CONTACT TRACING

You need to find out from whom the lice came, and to whom they may have gone in order to prevent re-infection.

These people may not know they have head lice.

Using the following check-list to make sure that you get in touch with everyone who has been in close contact with the infected person. Each person on the list should check themselves, using a detection comb, on wet hair. If lice are found, list and tell contacts and treat the infection as described in this leaflet.

Names	Contacted
Parents	Yes/No
Grandparents	Yes/No
Brothers/Sisters	Yes/No
Aunts/Uncles	Yes/No
Cousins	Yes/No
Close Friends	Yes/No
Other householders	Yes/No
School/Nursery friends	Yes/No
Babysitters	Yes/No
Club members	Yes/No
Dancing/Sport friends	Yes/No
Neighbours	Yes/No
Others	Yes/No