



**Fidhmeannacht na Seirbhíse Sláinte
Health Service Executive**

ANY ONE CAN GET HEAD LICE

INFORMATION FOR ALL THE FAMILY

HEAD LICE

Head lice do not always cause itching.

WHAT IS IT?

- A head louse is a small insect – 3mm. in length when fully grown with short legs and is Grey/Brown in colour.
- A female louse lays 6-8 eggs daily and has an incubation period of 7-8 days.
- The egg is firmly attached to a single hair, close to the scalp to aid incubation. After hatching the empty white egg shells remain glued to the hair, these are commonly known as NITS. The louse feeds solely on blood obtained from the scalp.

TO REDUCE THE RISK OF HEAD LICE.

- Brush and comb the hair thoroughly twice daily.
- Brushing may damage the louse and it will die.

USING A FINE TOOTH COMB

Fine comb school children and pre-school children once a week.

METHOD.

- Wash the hair with shampoo.
- **Use a separate conditioner on the hair. (This will make combing easier.)**
- Fine comb each section of the hair thoroughly from the scalp outwards over a light coloured surface e.g. towel or paper.

IF YOU FIND HEAD LICE.

The whole family should have their hair fine combed daily for a week.

IF YOU DON'T FIND HEAD LICE.

But your child has been in contact with head lice.
Fine comb your child's hair daily for one week.

ONLY TREAT

If you find a moving living louse.
Over use of lotion is **not recommended** and can lead to **resistance.**
Lotion is available from your chemist/pharmacy.