

HEAD LICE

What to do next

1 Home (*Self Care*)
to treat with conditioner
comb or treatment from
a pharmacy.

**2 General
Practice (GP) or
pharmacy**
if head lice are particularly
bad or skin looks infected.



HEAD LICE

Head lice are small insects that live on the scalp and lay eggs on hair strands. Head lice are a common problem and are easily spread.

What to do

You can treat head lice using either conditioner or a treatment bought from a pharmacy.

- If using conditioner, completely cover the hair from root to tip with it and use a normal comb to untangle any knots.
- Use a fine tooth lice comb (from a pharmacy) to comb through the hair. Work on a small section of hair at a time.
- Wipe the comb on a paper tissue after each stroke.
- Continue to comb each section until no more head lice appear in the comb.
- Wash hair thoroughly.
- Repeat this process every 3-4 days until no head lice or eggs are found. This may take 3-4 weeks.
- If you're using a treatment bought from a pharmacy, follow the instructions on the packet.

When to get help:

Talk to a pharmacist or call your general practice if:

- the head lice are particularly bad (ie large number that are easily seen)
- the scalp looks infected (ie red, hot and/or with sores that have a pus-like discharge).

How to prevent head lice:

- Brush hair daily to help kill or injure lice and stop them laying eggs.
- Don't share brushes, combs, hair clips or hats.
- Wear long hair in a bun or plaits.
- Check everyone in the family for lice every week.

For more information call Healthline on **0800 611 116** or visit healthnavigator.org.nz.