

Your **FREE** guide to...

FACT SHEET

Head Lice

Take a
peek
every
week!



What are Head Lice?

Head lice are small, whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed. White eggs or egg cases (nits) may be visible in the hair behind the ears or at the back of the neck.

Symptoms?

Symptoms may include itchy scalp, rash on the back of the neck and feeling as though something is moving through the hair. The itch may last 2-3 weeks after treatment. Scratching on occasions may lead to a mark or abrasion of the skin and a possible infection.

Can I send my child to school?

You should still send your child to school as normal but you need to let the school know that your child has head lice.

What is the best treatment for YOU?

Prevention is better than cure. Weekly wet combing is the best way to both detect AND prevent head lice. If you are TREATING head lice then wet combing needs to be carried out more frequently, at least twice a week. Chemical treatments may be needed for afro or tightly curled hair. Call into our pharmacy to collect your **FREE** wet combing instructions or visit our website to download a copy.

Head Lice Top Tips

- As soon as school starts, choose a day of the week to wet comb hair and stick to it.
- Cover your child's shoulders with a white cloth so you can see anything which falls out of the hair.
- Encourage your child's friends to let you know if they have head lice. There's no need to be embarrassed!
- Don't forget to check other members of the family as well.
- Plait long hair to prevent head lice spreading.

Where to find further Information

- nhs.uk/conditions/head-lice-and-nits
- cks.nice.org.uk/head-lice-#!/diagnosis/sub
- www.gov.uk/guidance/head-lice-pediculosis
- swettenhamchemists.co.uk



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