

Information on prevention of headlice for parents



REMEMBER!!

Check your child's hair for new lice by regular detection combing – for example, on a weekly basis.

Only use lotions and sprays if a live louse has been found on you, or your child's, head. These may cause a flaky and itchy scalp in some children.

For successful treatment, treat everyone at home with lice at the same time to avoid re-infestation.

There is no need to wash clothing or bedding that has been in contact with lice, because head lice that fall off the head (for example onto hats or pillows) are likely to die quickly.



Do not panic when you find lice and nits in your child's hair! Head lice are not an emergency and in most cases, do not pose any health risk.

Symptoms of head lice infestation:

- Frequent head scratching.
- Complaint of itchy scalp/head
- Redness behind the ears and back of neck as a result of allergic reaction to lice droppings.

for more information visit:

www.chc.org

NHS choices website

or contact us:

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WHAT ARE HEADLICE AND NITS?

Headlice are small, six-legged wingless parasitic insects that live in human hair, especially in children's.



They feed by biting and sucking blood through the scalp of their host.

Lice cling on tightly to the hair, generally close to the scalp in order to get warmth, food and shelter from detection.

The nits (eggs) are small, dull in colour and well disguised.

In many cases, head lice can cause the scalp to itch, itching is not due to lice biting the scalp but an allergy to the lice.



TREATMENT OPTIONS

There are two options to choose from: wet combing or medicated lotions. However neither of them will protect against re-infection.

Lotions will have instructions on how to apply the preparation and how long to leave it on for, in the box. Make sure to cover the scalp and the length of the hair. The normal advice is to treat the hair and repeat the treatment after 7 days as some lotions *do not kill* louse eggs.

Lice that fall from the head during chemical treatment should be promptly *disposed off*, they may recover if they are resistant to the lotion or have not been fully coated in the product.

Bug Busting kit is a clinically proven wet combing method of detecting and treating lice. The kit comes with a reusable and specially designed nit comb and instructions to follow. Treatment involves systematically combing wet hair with the fine-toothed Bug Buster comb and using your own shampoo and conditioner to remove lice. This is undertaken for four sessions over 2 weeks. Wet combing should be continued until no full-grown lice have been seen for three consecutive sessions.

See your GP for free prescription for the above mentioned products.

HOW TO PREVENT HEADLICE INFESTATION

Head lice infestation is difficult to prevent because they spread by head-to-head contact.

Check your child's hair for lice and small white nits with a nit comb frequently.

If you find a living, moving louse on one of your family's heads, you should check all other members of your household carefully, so you can treat them simultaneously.

Teach your child not to touch or share any items that come into contact with the head such as hats, scarves, combs, clips and hair accessories.

Explain to your child what lice are and that they should avoid touching heads with other children to avoid spreading.

There is no need to keep your child off school!