



St Mary's Catholic Primary School

HEAD LICE – A GUIDE FOR PARENTS

Checking the hair of everyone in the family at least once a week ensures early detection.

WET COMBING – HOW TO DO IT!

You will need: A Nit Comb
Good Lighting
An ordinary Comb or Brush
Conditioner



- 1) Wash the hair well, then dry it with a towel. The hair should be damp, not dripping. Apply ordinary conditioner and leave in the hair.
 - 2) Make sure there is good light. Day light is best.
 - 3) Brush or Comb the hair first. You may find dividing the hair into sections with clips etc. useful.
 - 4) Start with the teeth of the detection comb touching the skin of the scalp at the top of the head.
 - 5) Comb through each section from the scalp to the ends of the hair.
 - 6) Look carefully at the teeth of the comb in good light and wipe with a tissue.
 - 7) Do this for as long as it takes to comb each section of the hair.
 - 8) If there are head lice, you will find one or more lice on the teeth of the detection comb.
 - 9) Continue to comb through each section to remove any live lice until no more are detected.
- This will not remove 'live' eggs so you will need to repeat every day in order to remove any newly hatched lice.
- 10) If you are going to use lotions DO NOT TREAT unless you are sure you have found a living moving louse