

The Vale Medical Centre

PREVENTING & TREATING HEAD LICE

ADVICE FOR PARENTS AND CARERS

Following Department of Health Guidelines, we have been advised to stop issuing head lice lotion from our health centres and clinics.

To help prevent head lice

Combing with a fine tooth comb each night should remove any stray lice your child may have picked up during the day and prevent them laying their eggs.

If you suspect your child has head lice

You can try treating head lice without using chemical products.

Follow this procedure:

- Wash your child's hair in the normal way with an ordinary shampoo.
- Inspect the rinsing water for lice floating to the surface.
- Using lots of hair conditioner and while the hair is very wet, comb through with a fine toothcomb. Make sure the teeth of the comb slot into the hair at the roots with every stroke. Do this over a pale surface such as a paper towel.
- Sodden lice will not move and slippery hair is hard for lice to grip on, so they should be easy to remove with a comb.
- If you do find any lice, you should repeat this routine every three days for two weeks.

If the head lice prove to be a more stubborn problem, your school nurse, health visitor or local chemist can advise you. Head lice lotion can be bought from the chemist.

Remember: "Don't give lice a home – use a comb"