

Head Lice

Around 3 million people in the UK catch head lice every year and they are most commonly found amongst school children. Your child's hair can be long, short, straight, curly, light, dark, clean or dirty - head lice aren't fussy where they live.

The school nursing team recommends the wet combing method primarily as a method of detection. It can also be used for the prevention and treatment of head lice infestation.

The wet combing method

- Wash your child's hair using normal shampoo
- Use plenty of conditioner
- Comb your child's hair with a normal comb then a nit comb
- Check for lice after each stroke
- Comb over the whole head thoroughly



If you find head lice, repeat the wet combing method on subsequent days until you do not find any lice. Alternatively, if you find head lice you can get treatment from the chemist or GP.

All children's hair should be checked by the wet combing method once a week to detect if treatment is needed.

For more information visit www.nhs.uk/conditions/head-lice/pages/introduction.aspx