**Your Home is a Nit Free Zone**

Head lice do not live away from the head. There's no fear of lice spreading to clothes, furniture, or bedding so excessive cleaning is not needed. Simply check everyone's hair for live lice if they're found on one member of your family and then treat as necessary.

**Should Your Child Stay Home?**

If your children are checked for head lice on a weekly basis and treated straight away when live lice are found then they can attend school, child care and all other activities just as usual. But remind them to avoid head to head contact with other children until all the lice are gone.

**What to do Next**

"We can fight the spread of head lice but we need to work together."

- Ask your school to get involved with the 'Once a Week, Take a Peek' campaign
- Tell your friends and family about the campaign
- Go to the web site below for copies of this leaflet as well as further information and sources of help:
  www.onceaweektakeapeek.com

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Hate treating head lice? You'll love Hedrin.

- No pesticides...
- Hedrin is a silicone-based lotion that has been clinically proven to effectively kill head lice without the need for pesky dies.

- No resistance problems...
- Hedrin has a physical rather than chemical mode of action and so unlike conventional pesticide treatments, resistance towards it cannot be built up.

- No nasty odours...
- Hedrin is a colourless, odourless day smooth lotion and it is easy to use.

Ask your pharmacist for Hedrin.

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**Remember:**

- Head lice are common among young children and their families
- Head lice don't spread disease
- Head lice can be spread from adults to children and back again
- Head lice are normal amongst young children, there's nothing to be embarrassed or ashamed about having head lice

**STOP!**

Sharing your child's hair as a way to treat head lice is a complete myth. It is ineffective and can be really upsetting for your child.

If you find live lice tell your school, friends and family straight away so they check as well.
Did You Know?

On average, the first infection is discovered 2-3 months after it begins. This is partly because eggs and lice are so hard to see. Nits appear white and remain attached to hair as it grows, which makes them easier to spot.

How Do You Find Head Lice?

To diagnose a case of head lice, you need to find them alive. This is when you need to use a treatment. They move fast and are small – so they can be hard to find!

Sizing Up Head Lice

Head lice range in sizes from a full stop to a sesame seed.

Where to Peek

- Close to the scalp
- Behind the ears
- The back of the neck
- The top of the head
- Under the fringe

What to Peek for

- Adult lice are 2-4 mm long
- Immature lice are even smaller
- Lice will remain close to the scalp
- Nits are dead or empty egg shells. Simply remove these by hand or by combing

It's Just Routine

Checking for lice might not be your idea of fun, but it’s really no big deal and shouldn’t be a stressful experience for you or your child. It is just a normal part of every family’s personal hygiene routine. Like brushing your teeth or washing your hair, it’s a good time to do it. It would be wise to check the TV or any other item you could make this experience even more stress-free by:

- Showing your child how to check their own hair
- Using the weekly peek as an opportunity to tell a story or chat about their day
- Asking them to check their hair for you
- Rewarding your child for each week’s successful search
- Turning it into a fun game of hide and seek
- Putting their favourite TV programme on whilst checking

Fact:

1 in 4 parents aren’t sure how to check for head lice properly.

Did You Know?

That the shorter the hair, the easier it is to pass lice to each other? This is because the louse has a smaller distance to travel between the scalp and the surface of the hair.

Remember:

If you find live lice, take a peek at all your family, including yourself.

How to Check Hair

Good lighting is important and so is comfort. Comb for lice, parting hair in small sections and returning from time to time to areas you’ve already covered just to make sure.