Head Lice – Together We Can Fight Them!

Did you know?
On average, a first infection is discovered 2-3 months after it begins. This is partly because eggs and lice are hard to see. Nits appear white and remain attached to hair as they grow 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 size from a full stop to a sesame seed.

Actual size in stages of growth.

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 2-5mm long
- Immature lice are even smaller
- Live lice 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 part of your family's personal hygiene routine, like brushing your teeth or washing your hair. So a good time to do it would be washing the TV or at bath time. 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 talk 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 while 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 head 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.

The Hedrin Head Lice Detection Comb is ideal for effective checking.

Hedrin

Nit Knowledge:
1 in 4 parents believe schools check for lice – WRONG!

Lice are live insects. Nits are empty egg shells. Wireless insects that hold on to the hair from the blood on the head. They spread close head-to-head contact but contrary to belief, they do not jump.
Lice are an established part of school life – as spend so much time playing and learning it is very easy for them to spread.

Only dirty children get head lice

Having head lice has nothing to do with personal hygiene