

Lice 'n' Easy Bug Busting



What are Head Lice?

Head lice are insects that live on the scalp and neck. They are grey or brown, have six legs and are about 2mm long when fully grown.

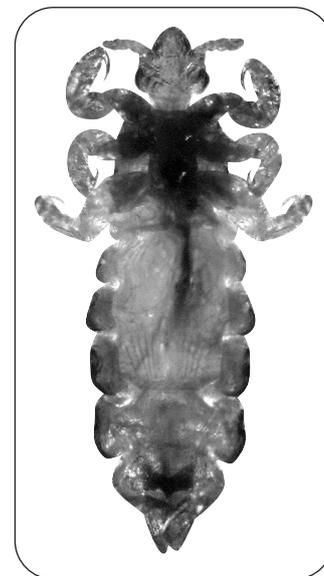
The female lays up to six eggs a day, which she attaches to the hair near the scalp. The **EGGS**, which are called **NITS**, are sandy coloured and often mistaken for dandruff but unlike dandruff, **nits stick to the hair** and are difficult to remove.



Above: Egg (or Nit) stuck firmly to the hair.

Right: Head Louse showing gripping claws.

(Magnified 35X and actual size)



HEAD LICE & NITS won't clear up on their own & must be treated promptly

How do you get Head Lice?

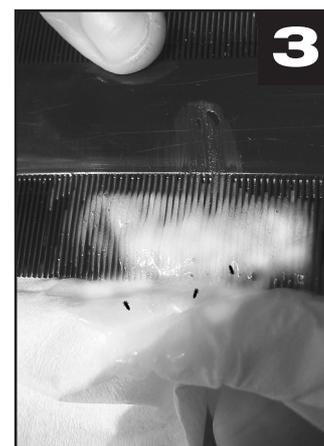
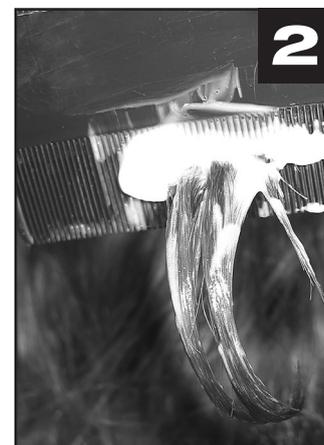
Head lice are usually passed on via **head to head contact**.

They can be found in **ALL types** of hair – long, short, straight, curly, **CLEAN or DIRTY**.

How can I detect & eliminate Head Lice?

Headlice **may** be associated with an itchy scalp but this is an unreliable sign as itching is associated in **less than 50%** of people. Headlice can be present for weeks or months before an itch occurs. **Early detection makes treatment and control of headlice easier.**

The most effective method for DETECTION and ELIMINATION is the "CONDITIONER & COMB" method.



The CONDITIONER & COMB Method is as EASY as 1, 2, 3 !

- 1 Using a normal comb, spread white hair conditioner through wet or dry, brushed hair.
- 2 Divide hair into **small** sections and, using the **Nit Comb** (a special fine toothed comb with teeth 0.2 – 0.3mm apart available cheaply from a pharmacy), comb **the entire length** of each section **from root to tip**.
- 3 After **each** combing, wipe the comb on a tissue and look for lice and eggs.

If lice or eggs are found it is very important to repeat this method every 2nd day until no lice or eggs are found for 10 days.

If an insecticidal product is used it is important to only use a 'registered or 'listed' product. Two applications should occur 7 days apart. It should be applied with as little amount of water as possible and the **removal of eggs using a headlice comb is still essential**. Increased lice resistance to these products has been reported.

The 'conditioner and comb' method is therefore the preferred form of treatment.

During outbreaks at school it is recommended that ALL families use the 'CONDITIONER & COMB' method on a weekly basis for early detection and treatment. Any active headlice detected should be reported to the school.

ALL household members in contact with a case of headlice should be examined for headlice using the 'CONDITIONER & COMB' detection method.

Headlice will **die** within 24hrs of being stranded away from the head. Headlice on combs and brushes are easily killed by immersion in hot water at 60 degrees celsius for one minute.

References

Department of Human Services. (2005). *The Blue Book: Guidelines for the control of infectious diseases.*