

Head Lice Advice  
**CHECK, TREAT, COMPLETE!**



**CHECK**

- Check your child's hair **once a week**.
- Use a proper detection comb - with teeth no more than 0.3mm apart to trap head lice and white in colour so they can easily be seen.
- If you find live lice, consult a pharmacist for treatment advice.
- If head lice are spotted, take a close look at all the family, including yourself, and ask close family and friends to check as well.

**TREAT**

- **Only** treat if live lice are identified.
- Use a clinically proven treatment.
- Leave the treatment on for the recommended time for maximum effect - leaving it on for longer **will not** make it more effective.

**COMPLETE**

- Repeat the treatment for a second time, seven days after the first, to kill any lice that may hatch from eggs during that time - if the pack instructions specify that a second application is required..
- Check that all head lice have gone within two to three days of the final application of head lice treatment to complete the process.
- For further information on head lice see your pharmacist or visit [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com)

**Dispelling Common Myths:**

- Head lice **can only** be passed by direct head-to-head contact. They cannot jump, fly, hop or swim.
- Head lice cannot be caught by sharing things like hairbrushes, towels or bedding; head lice can only survive on heads, dying quickly once away from their food source. Adults and nymphs can only survive for 8-24 hours without feeding.
- Having head lice is nothing to do with personal hygiene or having dirty hair. They can live on all types of hair and have no preference towards clean or dirty.
- Lice live incredibly close to the scalp and can survive on hair as short as 2mm long, so cutting or shaving hair will not necessarily help.