

# Head Lice – Together

## We Can Fight Them!

Head lice are a normal part of childhood- surveys among primary school children have found that nearly 1 in 10 have head lice at any one time.

If you're a parent you probably know what a hassle it is to treat head lice and just how frustrating it can be when your child comes home scratching their head yet again. But parents, you've got the power to stop head lice in their tracks. By following a simple three step process,

Check-Treat-Complete, you can fight back against these bug bullies.

## 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  
Live lice remain close to the scalp  
Nits are dead or empty egg shells -  
simply remove these by  
hand or by combing

## Check every week.....

Head lice are tough. They can't be killed by washing with normal shampoo or normal combing. Because they reproduce so quickly, you've got to kill them before they spread.

If your child has head lice, check everyone in the family. You'll need to treat everyone affected to get rid of them.

You can treat head lice by wet-combing hair with a special comb, or by using medicated lotions or sprays available over the counter at pharmacies.

**Use the *free* comb with conditioner  
at least once a week!!!**