



Head Lice Guidance

Head lice are a very common occurrence and nothing to be embarrassed about.

Regular checks and fast treatment is the key to becoming lice-free.

If there is an outbreak please follow the checklist below:

- Check your child's hair once a week
- Use proper detection comb to trap head lice
- If head lice are spotted, take a close look at the hair of all the family
- If you find live lice, consult a pharmacist for treatment advice immediately
- Make sure to check especially behind the ears and the nape

If you find head lice, the following treatment steps will need to be followed.

- Please treat your child with a clinically proven treatment
- Leave the treatment on for the recommended time for maximum effect
- Repeat the treatment for a second time seven days after the original treatment to kill any eggs that may hatch after the first treatment
- Check that all head lice have gone within two to three days after the final application of head lice treatment to complete the process.
- Continue to check for head lice on a regular, weekly basis.

It is important to remember that head lice are a very common occurrence and nothing to be embarrassed about. Regular checks and fast treatment is the key to becoming lice-free.

For further information on head lice please visit <https://www.nhs.uk/conditions/head-lice-and-nits/>