

## Things you will need

### **NITTY GRITTY COMB**

No need for chemicals just use it with conditioner.  
Available free on prescription



You'll also need:

- CHEAP CONDITIONER
- TOWEL
- ORDINARY COMB
- CHAIR
- BOOK OR MOVIE

### **PREVENTION TIPS**

- LOTS OF PATIENCE  
Tie long hair up/back  
  
Using hair spray/gel might help  
  
Combing and checking hair at the



## **Contact details**



### **0—19 Public Health Nursing service**

3 Daish Way  
Newport  
PO30 5XB

**Tel: 01983 821388**

Alternatively you can visit your local pharmacy and ask for the **Pharmacy First** scheme

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### **Other Useful Contacts**

[www.nhs.uk](http://www.nhs.uk)

Signs and symptoms

[www.kidshealth.org](http://www.kidshealth.org) - Tips

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### **We value your views**

If you wish to comment on the care your child has received, we will be happy to hear from you.  
Please speak to your School Nurse / Health Visitor in the first instance.



Isle of Wight **NHS**  
NHS Trust

# HEAD LICE



## **0—19 Public Health Service**

Top tips  
for children and parents



## What are Head

### Head Lice -

are tiny, wingless, parasitic insects that live among human hair and feeds on tiny amounts of blood drawn from the scalp. Lice are a very common problem, especially for children. **They're difficult to get rid of.**

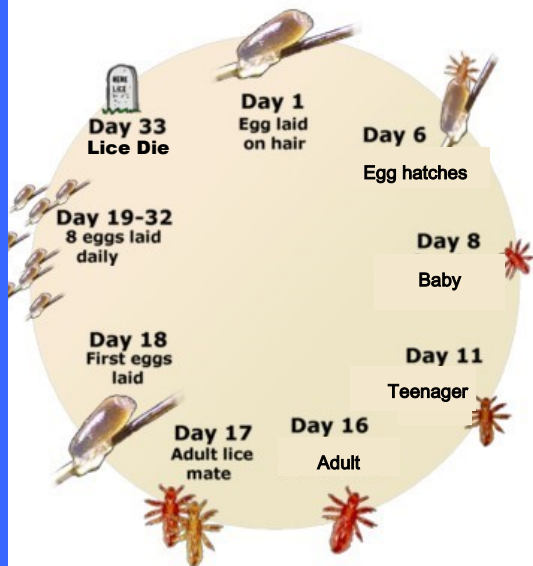


ACTUAL SIZE



### Nits

The egg of Head Louse that attach to hair and hatch after 7 days



## Facts about Head Lice

### TRUE

**Head Lice can live up to 24hrs off human hair**

**Head Lice can survive on bedding and furniture**

**Only treat hair if Head Lice are seen**

**Head Lice are spread by 'head to head' contact**

**Symptoms can take up to 4-6 weeks to appear**

**Lice can adapt to different hair colours**

### FALSE

**Head Lice is a sign of poor hygiene**

**Head Lice can jump and fly**

**Going swimming will kill Head lice**

**Animals carry and spread Lice**

**All children will itch if they have Nits**

**Lice die immediately after treatment**

## Step by Step Wet Combing



Sit your child down with a favourite book, or movie. Comb hair through with an ordinary comb



Put lots of diluted conditioner through wet hair. **(i.e.— mix conditioner with lots of water)** Start at the scalp and go all the way down to the hair ends



Separate hair into smaller sections. Comb through the hair using the Nitty Gritty Comb. **(See overleaf)**

Start from the base of the neck and work upwards, until the whole head has been checked



Comb every part of the head, section by section.

Comb each section at least 4 or 5 times.



After each comb, wipe the conditioner on to a piece of tissue. Wash out conditioner and repeat the whole process every other day for 2 weeks.

