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### A Message from the School Nurse

#### Detection Combing for Head Lice

Who should take part?	Everyone in the family
What are you looking for?	Lice, moving lice
When/	ONCE EVERY WEEK
Where?	At home, as a parental responsibility
Why?	To detect head lice as soon as possible and treatment started before spread of head lice

How to get advice and support?      Contact the School Nurse at the above address.

Check hair by wet combing all family members once every week. Wet comb with detector combs. These are available from pharmacies. All the family should be included.

#### Detection Combing - how to do it:

- Ensure there is good lighting - daylight is best.
- Wash hair with normal shampoo then rinse hair.
- Towel until damp then apply conditioner - do not rinse.
- Put clean water in the sink.
- First comb the hair with an ordinary comb. Then, using the detector comb, begin at the top of the head and making sure that the comb is touching the scalp, slowly draw the comb down towards the end of the hair.
- Check the teeth of the comb carefully for lice (insects which move). Rinse before inserting the comb back into hair.
- Repeat steps 3 and 4, working around the head from the top of the scalp to the ends of the hair. This should take 10 - 15 minutes.
- Rinse hair and dry as normal.

If there are head lice, at least one moving, living louse will be found on the teeth of the comb. The best way to stop infestation is to do detection combing every week.

#### If lice are found:

- Repeat washing and conditioning and combing with detector comb every three days.
- Continue this routine until 3 weeks after the last lice are found. This allows you to remove the newly hatched lice before they breed.
- Eggs, (nits) are not removed by combing so the timing of detection combing is important; nits take seven to ten days to hatch.

#### Remember

It doesn't matter how many nits you have or how itchy your scalp is - if you can't find a living, moving louse, you don't have lice.

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