



Look for lice or nits by using a fine-tooth comb after washing the hair. Always check the whole family.

There are several ways to treat head lice. After washing the hair, apply lots of conditioner and comb it thoroughly with a fine-toothed comb - the lice and nits will be caught on the comb. (Rinse the comb in a basin of water to see them easily or wipe the comb on a tissue). You will have to repeat this for several days to catch all the lice and nits, and comb your child's hair daily to check for lice afterwards.

Alternatively, an electrically charged comb (available from pharmacies) can be used to catch and kill the lice. It must be used regularly.

Special shampoos can be used, although some people are concerned about harmful side-effects, and head lice in the UK are becoming resistant to chemical treatments. If you wish to use a pesticide shampoo, talk to the pharmacist about the most suitable one and follow the instructions as you may need to repeat the treatment.

To get rid of head lice, it's important to understand their life cycle so that you continue treatment for the right length of time. You may need to repeat treatments after 7-10 days – the time taken for the eggs to hatch - as the eggs are more resistant to treatments. If you are meticulous with treatment, there is a high chance of getting rid of the infestation. Remember to check the whole family for nits, and to alert the parents of friends and your child's school.