

Managing Head Lice/Kutu

Parent/Caregiver Information

Facts

- Head lice are small insects (2-3 mm long).
- Nits are head lice eggs which look like small white specks. They grow to the size of a pin head.
- Head lice feed on blood from the scalp.
- Anyone can catch head lice, they crawl between heads during close contact.
- They can be spread by sharing hats, combs and brushes which they can live on for 24 hours.
- Swimming/bathing does not remove head lice or nits.

What to look for

- White specks attached to hair close to the scalp (nits).
- Brown/grey insects moving in the hair, most commonly behind ears, around the bottom of the hairline and on top of the head.
- Small red marks on the scalp and/or neck (bites).
- The child notices tickling or itching on their head.
- The child is scratching their head.

If head lice are found

- See G.P team, discuss prescription for 4% Dimethicone hair lotion. Follow instructions on bottle. Other option is treat with wet combing method (see back page).

To avoid head lice

- Brush hair every day – injured lice are unlikely to breed.
- Don't share hairbrushes, hats or hair ties.
- Keep long hair tied up.
- Wet comb once a week for early detection.
- Soak hair equipment for 10 minutes in boiling water every week.

Tips

- When treating head lice, treat everyone on the same day to avoid re-infection.
- Wash linen and towels when treating head lice to avoid re-infection.
- Use only products designed to treat head lice in humans.

Contact details

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For more information: kidshealth.org.nz/how-get-rid-head-lice

Wet combing head lice treatment and prevention



1. Make your child comfortable.

Put lots of conditioner through wet or dry hair.

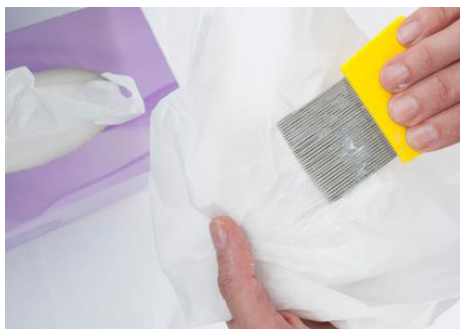


2. Comb or brush out knots with an ordinary comb.



3. Change to a fine-tooth head lice comb and comb sections.

Comb from the roots to the ends of the hair.



4. After each comb, wipe the conditioner on to a paper towel or tissue.



5. Comb each part of the head, section by section.

Comb each section 4 or 5 times.

Rinse out conditioner.

- If you find lice or nits, repeat these steps every day, or at least every 2 to 3 days. Until no lice found for 3 days in a row.
- Check the hair of everyone in the house 2 times a week for 2 weeks to make sure head lice stay away.