

# How to Prevent & Eradicate Head Lice

**Head lice can make your head feel:**

- **Itchy**
- **Like something is moving in your hair**

## **Prevention Routine**

- ♦ **Wash hair with normal shampoo, rinse and apply lots of conditioner**
- ♦ **When the hair is still warm comb the hair with a normal comb to de-tangle**
- ♦ **Comb the whole head of hair with a fine comb from the roots to the ends**
- ♦ **Tie up long hair**
- ♦ **Avoid close contact with other children**

## **How to Eradicate Head Lice**

### **Nit Combs**

**Can be bought online or from pharmacies to remove head lice and nits.**

- ♦ **Follow steps as above**
- ♦ **It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.**
- ♦ **Wet comb on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.**

### **Medicated lotions and sprays**

- ♦ **These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.**
- ♦ **Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.**

**<https://www.nhs.uk/conditions/head-lice-and-nits/>**