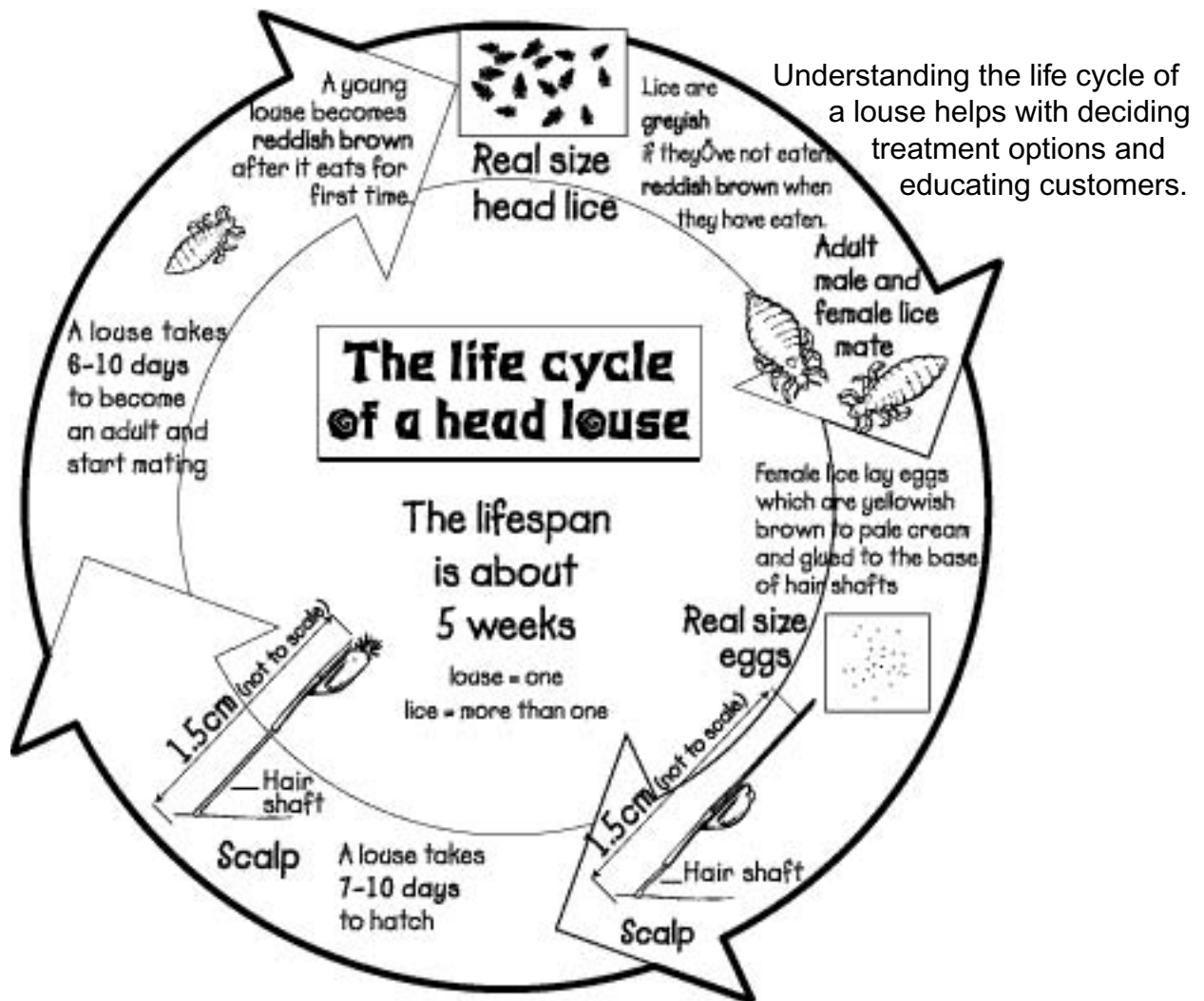


# Understanding Head Lice Management:



## Some facts about head lice:

- Head lice are tiny insects. They do not have wings, so they **cannot fly**. Head lice have strong claws and swing from hair to hair – they **cannot jump**.
- Head lice can only survive on **human heads**. They live on the hair and suck blood from the scalp. Head lice must feed every six hours or they will die from dehydration.
- Head lice can only be spread from one person to another by direct head-to-head contact.
- The female louse lays five to 12 eggs per day (up to 300 in her life time). Eggs remain strongly glued to the hair, even after hatching. Eggs are sometimes called nits.
- Live eggs need the warmth and moisture of the scalp to hatch and will be found up to 1.5cm from the scalp.
- Eggs that are further than 1.5cm from the scalp are either dead or hatched and do not require further treatment.
- At any one time, it is possible to have adult head lice, young lice and eggs.
- Anyone can get head lice – they have no preferences for cleanliness, hair colour, hair type, ethnicity or age.
- Only the insects (adults and young lice) can move from one head to another. Eggs cannot spread.
- Dandruff and hair particles can be mistaken for eggs.

# Detection and treatment of head lice

Remember that **ANYONE** can catch head lice. Check weekly, treat quickly and tell the school.



**1**

CHECK the heads of all family members in the house weekly and every 2 days if a close contact has head lice, for early detection of head lice.

To detect, use the **CONDITIONER** and **COMBING** method

**CONDITIONER and COMBING method**  
(can be used to detect and/or treat head lice)



To **DRY** hair, apply enough white hair conditioner to cover scalp and all hair from roots to tips. Use an ordinary comb to apply conditioner evenly.

Leave conditioner for 5 minutes to stun the lice.

**Part hair** in sections if long and thick. Place white tissue or material on a flat surface underneath the head (see picture).

**Change to a plastic fine-tooth head lice comb** (see Choosing a head lice comb table on back page) and comb each section of the hair.

**Start with the teeth of the comb touching the scalp** and draw comb flat against it from the root of the hair to the tip. Comb until conditioner is removed.

**After each stroke**, wipe comb onto strong white tissue or material.

**Under good light and with a magnifying glass**, look carefully for lice on the comb, the tissue or material. Note that recently hatched lice are hard to see. You may see eggs.

**Remove all lice and any eggs from the comb** after each stroke.

**Place the tissues into a bag**, seal and dispose.

**Scrub combs** (using an old toothbrush) and wash material with hot water (just after boiling) for at least 30 seconds to kill lice.

**Rinse conditioner** from hair.

**Repeat conditioner and combing**

live egg

Go to **2**

**2**

Find live lice? Apply an effective treatment

**CHEMICAL treatment**

Select a product with either of the active ingredients from the four groups listed in the table of chemical products on the back page.

**Advise client on:**

- use only when live head lice found;
- possible side effects;
- correct application;
- checking for effectiveness;
- keeping record of results of product;
- no insecticide will kill the eggs

**Apply product to DRY hair** (if wet hair advised, use the least amount of water).

**Apply product** to the scalp and all hair from roots to tips.

Use an ordinary comb to apply product evenly.

**Leave product** as recommended by manufacturer.

**Check for effectiveness** - use a fine tooth head lice comb to comb all of the hairs from roots to tips. If product has dried, apply some water to moisten the hair for comfortable combing. After each sweep, wipe the combings onto a tissue. Repeat until all hair has been done at least twice. Wait 5 minutes for the head lice to dry off. Observe the lice for movement and decide if the treatment is effective or not.

**Ineffective:** some lice run around

**Effective:** most lice do not move, no lice run around and some only move legs and antennae

**Request from client** the details of product(s) used. Select a product with a **different active** ingredient from the table of chemical products on back page.

Apply same product every 7 days (maximum 3 times) to kill the lice hatching from the eggs that survived. **Use the conditioner and combing** every 2 days in between to improve the effectiveness of the treatment by removing newly hatched lice and some eggs.

**After first application:** eggs will be present. In 7 days use **conditioner and combing** to detect lice. If lice are found, apply product again.

**After second application:** if there are still lice, apply product again in 7 days.

**After third application:** if lice are still present, continuing using the **conditioner and combing** only, every 2 days until no head lice are found for 10 consecutive days.

Go Back to **1**

check weekly - treat quickly - tell the school

**3**

**After starting a treatment and until the head lice are under control:**

- report to close contacts immediately and tell the school
- avoid head-to-head contact
- sharing hats presents no risk
- a hot wash can be used for pillow cases, however they are a **very low risk** in spreading head lice

- wash combs and hairbrushes after use in very hot water (just after boiling) for at least 30 seconds
- keep long hair tied at the back
- avoid sharing personal hair items

**There is no need to pest control your house.**

# Table of chemical products

approved in Australia, April 2001, by the Therapeutic Goods Administration (TGA) to treat head lice: grouped by active ingredient



Active Ingredient	Product Names
<b>1. Pyrethrins</b>	Amcal Head Lice Foam Banlice Mousse Delva Formula PCT Lyban Foam Meditox Foam Pyrenel Pyrifoam Lotion
<b>2. Synthetic Pyrethroids</b>	Orange Medic Orange Medic Plus Paralice Pyrifoam Head Lice Treatment Quellada Creme Rinse Quellada Head Lice Treatment
<b>3. Organophosphates</b>	Cleensheen Exolice Medicated Foam HL 7 HLT KP24 Foam KP24 Lotion Lice Rid LX Medicated Foam
<b>4. Combinations Herbal &amp; Essential Oils</b>	Herba Lice Herbs for Headlice Lice Attack Lice Blaster New Improved Lysout Gel Lysout Spray Natural Head Lice Treatment Neutra Lice Quit Nits Natural Head Lice Treatment Sunspirit Aromatherapy Lice Scents to Kill Tea Tree Lice Foam Wild Child All Natural Head Lice Treatment



Head lice combs are fine toothed, made from plastic or metal and are designed to remove head lice (not necessarily eggs). They are available from pharmacies and supermarkets. Consider the following when buying combs ...

## Choosing a head lice comb

Plastic combs	Metal combs - cylindrical teeth	Metal combs - flat teeth	Electronic combs
<ul style="list-style-type: none"> <li>• cost approximately \$2</li> <li>• safe and gentle for people of all ages to use</li> <li>• when used with hair conditioner, they remove:               <ul style="list-style-type: none"> <li>• most head lice</li> <li>• some eggs</li> </ul> </li> <li>• easily cleaned with an old toothbrush</li> </ul>	<ul style="list-style-type: none"> <li>• cost approximately \$20</li> <li>• gentle on scalp and hair</li> <li>• when used with hair conditioner they remove:               <ul style="list-style-type: none"> <li>• most head lice</li> <li>• most eggs</li> </ul> </li> <li>• dental floss will remove the eggs and hair debris which may clog the base of the comb</li> <li>• are long lasting</li> </ul>	<ul style="list-style-type: none"> <li>• cost approximately \$8</li> <li>• can scratch the scalp and tangle long hair</li> <li>• when used with hair conditioner, they remove:               <ul style="list-style-type: none"> <li>• some head lice</li> <li>• few eggs</li> </ul> </li> <li>• can be cleaned with dental floss</li> <li>• are long lasting</li> </ul>	<ul style="list-style-type: none"> <li>• cost approximately \$45 plus the ongoing cost of batteries</li> <li>• cannot be used on wet hair, therefore cannot be used for conditioner and combing</li> <li>• cannot be used on babies</li> <li>• should not be used by people with epilepsy, heart disease, pacemakers,</li> <li>• remove head lice from very short hair only</li> <li>• do not remove the eggs</li> <li>• clean the teeth with the small brush provided</li> </ul>