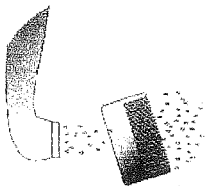
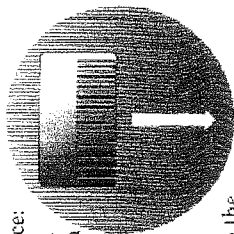


How to treat head lice

If you find head lice:

- 1 Comb the head carefully with a lice comb. Put the teeth of the lice comb next to the scalp and pull the comb down the whole length of the hair.
- 2 If the comb tugs the hair, use more conditioner.
- 3 After each stroke, rinse the comb in a sink or bowl of warm water, and wipe it dry. Then check the comb and your fingernails for lice. (You don't want to put any lice back in the hair.)
- 4 Comb the whole head, section by section.
- 5 Keep combing until you find no more lice. Comb the whole head a couple of times after the last louse was found.
- 6 Rinse the hair to remove the conditioner.
- 7 Sit upright, leaving the hair dripping wet. "The wetter the better".
- 8 Untangle the hair with a wide-tooth comb. Then use a fine-tooth comb.
- 9 Comb the whole head carefully with a lice comb. You may again find a few lice.

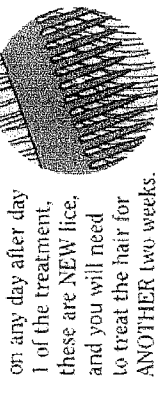


- 10 Keep combing until you find no more lice. Comb the whole head a couple of times after the last louse was found.
- 11 Repeat this treatment every 3-4 days for 2 weeks (see "Days to treat" below). This will remove the lice as soon as they hatch and before they can multiply or move to someone else.

Days to treat:

1	2	3	4	5	6	7
8	9	10	11	12	13	14

12 If you find an adult louse

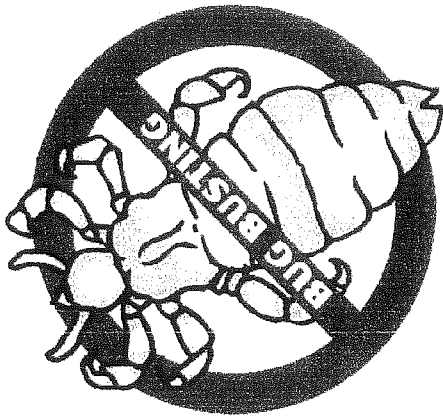


on any day after day 1 of the treatment, these are NEW lice, and you will need to treat the hair for ANOTHER two weeks.

13 It is important to check the hair of everyone who lives with you. Do this when the hair is wet with conditioner. If you find lice, you need to do the treatment.

14 After each treatment, clean everything you have used, like combs and towels. Wash hats, sheets and pillow cases. It is not necessary to spend a lot of time cleaning the house. It is better to spend the time checking the hair of everyone who lives with you.

15 When you treat someone with wet combing, make sure you are both comfortable. The person being treated should sit at a good height for you. Put a towel over the shoulders to catch drips, and let the person watch a video or read a book.



GETTING RID OF HEAD LICE by Wet Combing

*A non-chemical method
of treating head lice*

If you have questions about Head Lice call a Public Health Nurse at your local Public Health Unit.

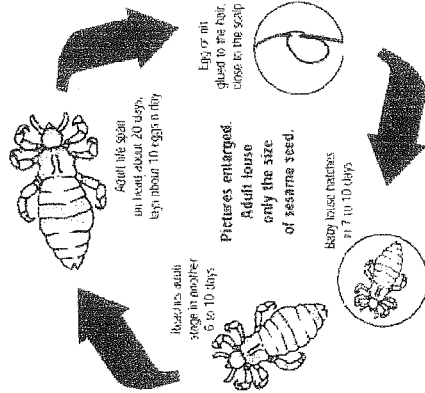
Fraser Health Prevention Services
400 - 22470 Dewdney Trunk Road
Maple Ridge, BC V2X 5Z6
Tel: 604-476-7000

Adapted from: Bug Busting: Getting Rid of Head Lice by
Wet Combing Catalogue No. HED.51 June 2000 with
permission of Vancouver Coastal Health.

For more copies, order from the Print Shop item
#261334 May 2008

This is a safe way of getting rid of head lice. You don't need to use pesticides, and it doesn't cost much.

- Facts about head lice**
- Lice are tiny insects, about the size of a sesame seed.
 - Lice live only on a person's head.
 - Anyone who has hair can get lice.
 - Lice do not jump or fly.
 - Lice can move quickly on dry hair, so they are difficult to see.
 - Lice bites can make the scalp itchy.



- Adult lice lay about 10 eggs (called nits) every day. These nits are stuck to the hair near the scalp.
- It takes 7-10 days for the nits to hatch.
- It takes 6-10 days for a louse to become an adult. Up to that time, it stays on the head, but does not lay eggs.

- You can normally find the nits behind the ears or on the back of the neck.
- Nits can have different colours and are about 1/3 the size of a sesame seed.
- You can't get rid of nits by brushing, or with a hair dryer.
- After the lice hatch, the shell of the nit stays stuck to the hair. If it is more than 12mm (1/2 inch) away from the scalp, it is probably empty.
- You can get lice by touching heads with someone who has lice, or by sharing combs, brushes and hats.
- Lice are common where children play or work closely together.
- Lice do not cause disease.

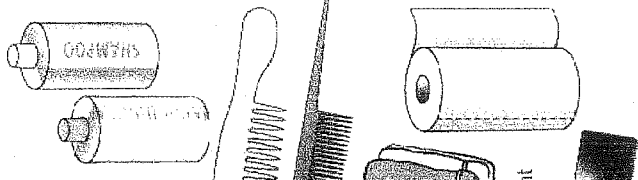
Find and treat as soon as you can

- Use WET COMBING to see if there are any lice on the head.
- Lice move quickly on dry hair, so you cannot see them easily.
- If you put conditioner in the hair, the lice cannot move, so you can see them when you comb them out.

- When to check for head lice**
- Once a week after shampooing;
 - If anyone in your home is scratching his/her head more than usual;
 - If you get a note about lice from the daycare or school;
 - If your child's playmates have head lice;
 - At the end of school vacations. This is to make sure your child does not take head lice to school.

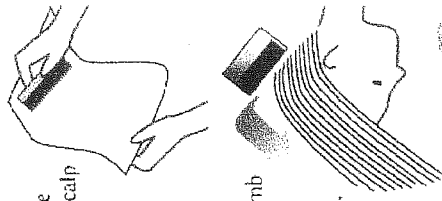
What you will need

- Shampoo (not expensive)
- Conditioner (white in colour, not expensive)
- Wide-tooth comb to untangle hair
- Fine-tooth comb to look for lice
- Hair clips (may be needed for long hair)
- Towels
- Paper towels
- Lice comb, for treatment if you find lice. (Most pharmacies sell lice combs.)

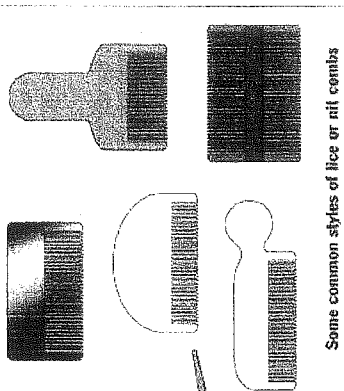


How to check for head lice

- 1 Shampoo the hair.
- 2 Rinse.
- 3 Put enough conditioner on to cover the whole scalp.
- 4 Untangle the hair with a wide-tooth comb.
- 5 Comb through the hair close to the scalp with a fine-tooth comb. After each stroke, wipe the comb on a paper towel and look for lice.
- 6 Make sure you comb the whole head. Have your child lean over the sink, and comb from the back of the head to the front.
- 7 If you find ANY lice, you need to TREAT.



Combs for checking or removing lice may look like any of the ones pictured here.



Some common styles of wide-tooth and fine-tooth combs

Some common styles of lice or nit combs