All it takes is three simple steps:

**CHECK**
- The child’s hair once a week
- Use a detection comb to check for head lice, preferably when in colour so they can easily be seen.
- If you find live lice, consult your pharmacy team for treatment advice.
- If you find nits (which look like white specks) on the head, comb out the nits or see your local pharmacy team.

**TREAT**
- Only treat if live lice are identified
- Use a clinician’s proven treatment. These with a physical mode of action present no known risk of resistance
- Leave the treatment on for the recommended time for maximum effect – leaving it on for longer will not make it more effective.

**COMPLETE**
- Check that all head lice have gone within 2-3 days of the final application to complete the treatment
- If the pack instructions specify that a second application is required, repeat the treatment seven days after the first application to kill any nymphs which have hatched since the first treatment was applied
- The remaining eggs need to be removed, so avoid hair breakage and for the easy removal of nits, try a gel-based product carrying lubricant oil, which chemically loosens the bond between the egg and the hair, allowing the egg to slide off easily using a comb.

**What to do next**
“We can fight the spread of head lice but we need to work together.”

- Ask your school to get involved with the ‘Once a Week, Take a Peek’ campaign – they can order free materials.
- Tell your friends and family about the campaign.
- Go to the website below for copies of this leaflet as well as further information and sources of help.

www.onceaweektakeapeek.com

**So just remember:**
*Once a Week, Take a Peek!*

An easy-to-use guide for parents to fight back against head lice.
HEAD LICE – TOGETHER WE CAN FIGHT THEM!

Head lice are a normal part of childhood - surveys among primary school children have found that nearly 1 in 10 have them at any one time.

If you’re a parent you probably know what a hassle it can be to treat head lice and just how frustrating it can be when your child comes home scratching their head. But, parents, you’ve got the power to stop head lice in their tracks!

By following a simple three step process, Check-Treat-Complete, you can fight back against these bug busters.

Myths and facts about head lice

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice can cause long-term damage to a child’s mental health

**FACT:** Head lice are not a sign of unhygienic habits and there is no scientific evidence to suggest that head lice treatment has any impact on a child’s overall mental health.

**MYTH:** Head lice are a sign of poor personal hygiene

**FACT:** Head lice are a normal part of childhood and there is nothing to be ashamed about.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood. It’s just a normal part of a family’s personal hygiene routine.

**MYTH:** Head lice are a sign of poor personal hygiene

**FACT:** Head lice are a normal part of childhood and are nothing to be embarrassed about. You can deal with them quickly and easily if you take the right action.

The impact of head lice

- It’s frustrating it can be a hassle it can be to treat head lice and just how frustrating it can be when your child comes home scratching their head.

- Head lice do not survive away from the head. Therefore, there’s no need for lice spreading to clothes, furniture or bedding or excessive cleaning when not needed. If live lice are found on the member of your family, simply check everyone’s hair and then treat as necessary.

- If children are checked for head lice at school, it is common for parents to check their own children.

- Most common amongst children aged 4-11 who spend more time in close contact with friends and siblings.

- The best known symptom is itching, but this is not the best indicator as many people may not find them alive. This is when you need to use a comb.

To diagnose a case of head lice you need to find them alive. To do this:

- Combing through the hair when wet, or after applying a conditioner, at least 0.3mm apart in order to trap head lice

- Only check hair in stages of growth.

- Close to the scalp
- Behind the ears
- Back of the neck
- Top of the head
- Under the fringe

How to check

- Checking for head lice shouldn’t be considered a big deal, it’s just a normal part of a family’s personal hygiene routine like brushing teeth or washing hair.

- It’s best to check for head lice using a comb made for the purpose, ideally white so they can be easily seen and with teeth no more than 0.3mm apart in order to trap head lice

- Combing through the hair when wet, or after applying a conditioner, may make the process more comfortable.

- Good lighting is important and so is comfort to ensure the child stays calm. Perhaps distract the child with the TV or reading a book

- If you find live lice, don’t worry. Head lice are a normal part of life and are nothing to be embarrassed about. You can deal with them quickly and easily if you take the right action.

How to get rid of head lice

There are FOUR types of head lice treatment:

- Pesticide treatments
- Pesticide lotions and liquids
- Non-pesticide treatments

**MYTH:** Head lice are a sign of poor personal hygiene

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice only transfer from one person to another when prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice treatments work in a different way from conventional pesticide treatments. By causing the outside of the lice, they either disrupt their ability to move or this toxic liquid will cause death by poisoning the lice.

**FACT:** Head lice treatments have been around for many years but there is evidence that head lice already have resistance to these treatments. There are many active ingredient options, including dimeticone, octanediol, castor oil and isopropyl myristate.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice are a sign of poor personal hygiene

**FACT:** Head lice are a normal part of childhood and there is nothing to be ashamed about.

**MYTH:** Head lice are a sign of poor personal hygiene

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are a sign of poor personal hygiene

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.

**MYTH:** Head lice can only transfer from a child’s head through prolonged head-to-head contact

**FACT:** Head lice can transfer on a much shorter time frame, even by a mere brushing of the hair. They can also jump from hair to hair if it is long enough.

**MYTH:** Head lice are contagious... everyone in the house will get head lice

**FACT:** Head lice are only contagious when prolonged head-to-head contact occurs. They can not jump from one head to another.

**MYTH:** Head lice can cause long-term damage to children’s learning

**FACT:** Head lice are a normal part of childhood.