

# TO prevent HEAD LICE AND reduce THE SPREAD

It is impossible to prevent head lice completely because they are common in the community and children often come in contact with each other at school and at other activities.

- Brush hair every evening. This may help kill or injure lice and stop them from laying eggs.
- Bend the head forward with hair hanging down. Brush hair with a firm bristled brush from scalp outwards, especially around the hairline behind the ears and the back of the neck.
- Don't share brushes and combs. Everyone in the family should use their own brush and comb.

Because lice do not live beyond 48 hours off the scalp, it is rarely necessary for additional washing and cleaning of other articles.

- Children should hang their clothes on their own hook at school.
- Children should keep their clothes apart from other children's in swimming changing sheds.
- If LIVE lice or eggs are found:
  - check everyone in the house
  - ask friends and other contacts of your child at school or preschool to check their children.
- Treat all affected family members at the same time. This may minimise chance of re-infestation.

## The CHECKLIST

- Check every week. During outbreaks, check daily after live head lice are found and treated.
- Brush hair every evening to reduce head lice numbers.
- Treat if you find LIVE insects or eggs within 1 cm of the scalp.
- Treat using a shampoo from your pharmacist. Repeat a week later.
- Follow the instructions carefully.
- Ask your pharmacist for advice and information.

## Re SCHOOLS

When your child is treated for head lice, alert school contacts and friends. If there is a head lice outbreak, the school may inform parents and caregivers or send information home to remind parents about head lice.

Children should not be excluded from school because of head lice.

If head lice are a particular problem in any school, the public health nurse may assist the school to provide information and advice to parents.



New Zealand Government

MANATU HAUKORA

This resource is available from [www.healthed.govt.nz](http://www.healthed.govt.nz)  
or the Authorised Provider at your local DHB.  
Revised May 2006. Reprinted June 2011. Code **HE4189**

# Head Lice FACTS

