



School nurses' top tips

Wet combing routine.

Wash the hair
with any
shampoo.

Put lots of
conditioner on
the hair.

Comb all the
hair from root to
tip with a fine
toothed 'nit
comb.

Repeat on days
1,5,9,13.

Check
everyone's hair
is free of lice
on day 17.

Head lice and Nits.

What are they?

Head lice are insects that live on the heads of people. Their young are called Nymphs and their eggs are called Nits.

Nits are small oval, yellowy brown eggs. White eggs have hatched. All eggs are stuck to the hair, often near the scalp.

Adults are tan or greyish white. They have 6 legs and are about the size of a sesame seed. Nymphs are small adults.

How will I know?

Head lice can make your head feel itchy or like something is moving in your hair. Check for lice by combing the hair with a fine toothed 'nit comb'. If you find lice, check everyone's hair in the house

What do I do?

1. Treat everyone in the house with lice at the same time.
2. Complete the wet combing routine.
3. If there are still live lice on day 17 ask a pharmacist for advice.

Help stop head lice spreading.

Regularly check hair and use a nit comb to comb wet hair to catch them early.

Treat lice as soon as you find any.

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