

Step 2

- > For long hair, apply the lotion near the scalp, then comb to spread the lotion evenly through the whole length of the hair.
- > If any lotion is left on the comb after one stroke, wipe it back on the hair at the scalp and repeat the process.

**Step 3**

- > Most products should be put on dry hair, all over the hair and scalp. Apply enough lotion to cover every hair from root to tip.
- > Leave the lotion on the hair for 20 minutes or longer if the directions on the label say so.
- > After 20 minutes, rinse out the lotion with lots of water.
- > Don't use conditioner for at least a day after treatment, as it can stop the treatment from working.

**Step 4**

- > Towel-dry the hair. Don't use a hair dryer – heat can destroy the chemical that kills the headlice.

**Important follow-up**

After one week, treat again using the same steps to kill headlice that have hatched from nits (eggs) that weren't killed by the first treatment.

If headlice are still found after the second treatment, try a product with a different active ingredient* or try the wet combing technique.

** There are several different active ingredients used in headlice treatment products. Compare product labels or ask your chemist for advice.*

Don't forget to check everyone who lives in your house and treat all those with 'live' headlice at the same time.



Headlice control: Wet combing and chemical treatment

For more information

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environ-health-index.htm](http://www.health.sa.gov.au/pehs/environ-health-index.htm)**

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call the Department of Health. This service is available at no cost to you, contact 08 8226 1990.

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Wet combing

Wet combing is a technique you can use to check for headlice and to treat headlice.

What you'll need

Conditioner

'stuns' the headlice making them easier to comb out. Using white conditioner makes the headlice easier to see.



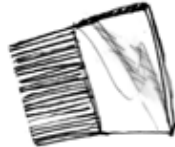
Wide-tooth comb

to untangle hair.



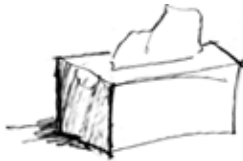
Fine-tooth nit comb

to comb out the headlice.



White paper tissues

to make it easier to see the headlice.



Steps for wet combing treatment

Step 1

- > Don't wet the hair first.
- > Put lots of conditioner on dry hair – all over the hair and scalp.
- > Aim to cover every hair from root to tip.



Step 2

- > Untangle the hair with a wide-tooth comb.
- > Part longer hair into sections and fasten each section back with clips.



Step 3

- > Quickly start combing the hair with the fine-tooth nit comb: hold the comb flat against the scalp and comb the hair in small sections from root to tip.



Step 4

- > After each stroke wipe the conditioner off the nit comb onto a tissue and look for headlice and nits (eggs).
- > Also check the nit comb and remove any headlice or nits from it before continuing.
- > Comb each section of the head at least five times.
- > Place used tissues in a bin.
- > Wash combs (and hairclips) thoroughly with warm soapy water after use and wash the hair as normal.



Treatment frequency

Do this treatment every second day (for example, Monday and Wednesday and Friday) for three weeks.

A new infestation is easier to treat than an established one, so use wet combing once a week to find and treat headlice before they can lay lots more eggs!

Chemical treatment

What you'll need

Headlice lotion or foam

available from most supermarkets or chemists. Always read the directions on the label or ask a chemist or community health worker to explain them to you; follow the directions carefully.



Water

to rinse out the headlice lotion and dead headlice.



Towel

to cover and protect eyes from the headlice lotion, and for drying the hair after rinsing.



Ordinary comb

to spread the lotion evenly, especially for long hair.



Steps for chemical treatment

Step 1

- > Don't use hair conditioner for at least a day before treatment as it can stop the treatment from working.
- > Ask the person being treated to hold a towel over their eyes while you put the lotion on.

