

Steps To Combat Headlice

1. Detect

Use Metal Comb & Combing Solution (for untangling long hair) to detect, remove lice and their eggs.

2. Treatment

There are 2 major commonly used headlice treatments in Australia.

a) Medicated

b) Natural

Use medicated or natural treatment to kill headlice and break their life cycle.

Always apply the treatment on dry hair.

3. Prevent

Use egg remover to kill eggs and metal comb to remove them from head.

4. Precaution

Repeat the process after 7 days to effectively kill the cycle.

5. Lice Free Home

Wash bed linen and clothes in warm water with soaking solution to get rid of lice from home.

How to identify Headlice

- Headlice vary in colour from Greyish White to Brown, they are about the size of a sesame seed but with six legs.
- Nits are the eggs, yellowish white in colour & are found on the hair shaft at the nape of the neck, where as adult headlice may be found anywhere on the head. Red bite marks or scratch marks are often seen on the back of the neck.
- The eggs are sometimes mistaken for dandruff, or residues of shampoo. Sometimes itching may simply be a result of dry air, so ideally, the lice need to be identifies.
- It typically takes several weeks exposure to the lice before itching develops, so lack of itching does no necessarily mean that the person does not have headlice.

Headlice Facts

- Headlice are bloodsuckers and live exclusively on humans.
- It has nothing to do with one's hygiene.
- Headlice don't hop, jump or fly, 95% of lice are transmitted by close contact – Don't share Hats, head Bands or Pillows.
- Especially common in school children between the ages of 3 to 12 years.
- Headlice don't like short and plaited hair. Keep hair short and for those children with long hair, always keep them plaited.