



HEAD LICE HELP

FACT OR FICTION There are many myths surrounding head lice that still exist, see below some of the more common misconceptions and the reality.

MYTH 	FACT 
"Head lice can jump from one head to another"	Head lice can only be passed by direct head-to-head contact – they cannot jump, fly, hop or swim.
"Head lice can be caught by sharing things like hairbrushes, towels or bedding"	Head lice only survive on heads, dying quickly away from their food source. Adults and nymphs can only survive for 8-24 hours without feeding or they become too dehydrated to survive. They can only be caught from human contact.
"Head lice prefer clean hair"	Having head lice has nothing to do with personal hygiene, head lice can live on all types of hair and no preference exists between clean or dirty hair.
"Shaving a child's head is the best way to get rid of head lice"	Lice like to live close to the scalp and can survive on hair as short as 2mm long, so cutting hair short won't necessarily help and can be very traumatic for the child.
"Animals can carry and pass on head lice"	Head lice can only live on human beings, people can't catch them from animals.
"Head lice are only caught from other children at school"	A lot of head lice infestations are caught from family and friends in the home and local community, not just at school - parents typically start to worry about lice when children go back to school so they are more likely to identify an infestation and presume the lice were caught there.

CHECK

CHECKING FOR HEAD LICE.

Its advisable to use a detector comb on all members of the family at least once a week, especially if you have school age children.

- Choose a comfortable well-lit area and use a specially toothed plastic detention comb.
- Hair can either be dry or wet (use water or conditioner).
Comb through the hair with an ordinary comb to get rid of any tangles.
- You might find a magnifying glass helpful to check that what you have found is an insect rather than a flake of skin or dirt.
- If you are using conditioner the comb may need rinsing during checking.
- After use wash the comb with clean soapy water and then thoroughly rinse and dry before storing in a dry place.
- Treatment should only be undertaken if live lice are found after. If nits, but no lice are found after checking then these are likely to be from an old infestation which is no longer current and treatment is not necessary.



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COMBING THE HAIR

- Divide the hair into sections.
- Gently insert the detection comb at the bottom of a section of hair with the comb almost parallel with the scalp so that the specially designed rounded ends of its teeth will glide over the scalp without scratching.
- Comb lightly outwards for the whole length of the hair.
- After each stroke wipe the comb with a tissue and examine any debris found.
- Repeat this process over the whole scalp paying particular attention to the areas behind the ears and under the fringe.

TREAT

HOW TO USE HEDRIN ONCE:

- Hedrin® ONCE is suitable for adults and children over 6 months.
- Cover the shoulders with a towel.
- SHAKE THE BOTTLE WELL BEFORE EACH USE.
- Apply sufficient gel evenly over DRY hair, to ensure that the scalp and hair are fully covered and the hair is SATURATED.
- Work into the hair with the fingers or an ordinary comb spreading the gel thoroughly and evenly from the roots to tips.
- Leave on the hair for at least 15 minutes (or longer if more convenient).
- Apply shampoo directly to the entire surface of the hair without first wetting it, shampoo thoroughly then rinse with water. Repeat the process, then apply conditioner, rinse and dry. Hedrin® Once Liquid Gel contains anti-foaming ingredients so the shampoo will not lather readily. If necessary, repeat the whole procedure remembering to apply shampoo directly to dry hair.
- There is no need for laborious combing out after use.

COMPLETE

- Check that all head lice have gone within 2-3 days of the application to complete the treatment.
- Continue to check for head lice on a regular, weekly basis.



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