Chemical treatment precautions
Keep treatment preparations away from eyes, nose and mouth. Seek medical advice before use on pregnant or breast-feeding women, infants under two years old or people with sensitive skin.

The wet combing technique can be used as an alternative treatment.

Chemical treatment hints
Do not use hair dryers after applying a treatment preparation. The heat can destroy the active ingredient.

Avoid using hair conditioners (including 2-in-1 shampoo and conditioners, and the wet combing technique) for a day before and after applying chemical treatment preparations. Conditioner can reduce the effectiveness of the treatment.

Removing nits
It is not necessary to remove all nits if they are dead (more than 1-2 cm from the scalp). However, a school community may prefer that nits are removed.

Nits stick very firmly to the hair and can be difficult to remove. Wetting hair with vinegar may help to loosen the nits, which can then be combed out with a headlice comb or picked out by hand.

Treatment failure
The most common reasons for treatment failure are:

- not following the manufacturer’s instructions.
- the resistance of headlice to the chemical used.
- not repeating the treatment in 7-10 days (to kill headlice that have hatched from eggs that weren’t killed in the first treatment).
- getting headlice from an untreated person.

If the treatment has not got rid of the headlice

- if chemical treatment was used, check the instructions and repeat the treatment if they have not been correctly followed (especially the need to repeat in 7-10 days).
- check the heads of all household members using the ‘wet combing’ technique (overleaf) and treat all who have headlice (even if they don’t feel itchy).
- try an alternative treatment (check with your chemist to make sure you are choosing a treatment preparation with a different active chemical, as different brands may contain the same chemicals).
- try the wet combing treatment method.

Preventing the spread

- avoid direct head-to-head contact.
- avoid sharing brushes, combs, ribbons, hats, helmets.
- consider cleaning cleaning brushes, combs, towels, pillow cases with hot water and detergent (60°C for 30 seconds).
- discourage children from playing with each others’ hair.
- keep long hair firmly plaited, or at least tied back – slick down stray hairs with hairspray or gel.
- brush hair and check for headlice regularly.
- shaving the head is not necessary.

Further information
If you are concerned about headlice or want more information contact:

- your community health centre
- chemists and GPs
- the Child and Youth Health Parent Helpline: 1300 364 100 or online at www.cyh.com/Default.aspx?r=1
- your local council Environmental Health Officer
- SA Health on 8226-7100 or go to our website www.health.sa.gov.au/pehs/environment-health-index.htm

For more information
Health Protection Programs
Public Health
SA Health
Telephone: 08 8226 7100
Facsimile: 08 8226 7102
Email: public.health@health.sa.gov.au

If you require this information in an alternative language or format please contact SA Health on the details provided above and they will make every effort to assist you.

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Headlice

Headlice are social pests and rarely pose a threat to health. Outbreaks can be controlled if parents regularly check their children’s hair for headlice and follow the recommended treatment methods if they find active lice.

Headlice facts
> Headlice only live on human heads.
> Headlice can live in clean or dirty hair.
> Headlice are transferred mainly by head-to-head contact; rarely by brushes, combs, ribbons, hats etc.
> Headlice do not carry disease, but bacterial infections can occur from scratching the scalp.
> Headlice treatments often don’t kill 100% of the nits (eggs).
> Successful treatment does not protect the person from getting more headlice later.

Headlice treatment

Treatment
The two most common headlice treatment methods are ‘wet combing’ and ‘chemical’ treatment:
> ‘wet combing’ involves wetting the hair and scalp liberally with hair conditioner to stun the headlice, then combing the headlice and nits out.
> ‘chemical’ treatment uses ‘pediculicides’ which kill the headlice.

Wet combing involves wetting the hair and scalp liberally with hair conditioner to stun the headlice, then combing the headlice and nits out.

Chemical treatment

Treatment preparations contain chemicals which can kill headlice and nits (eggs), although not all are effective against nits.

Eight step technique
1. Generously apply conditioner to dry hair to completely cover the scalp and the full length of the hair.
2. Untangle the hair with a wide-toothed comb.
3. Put the headlice comb flat against the scalp and draw the comb through each section of hair from the root of the hair to the ends.
4. Wipe the comb after each stroke onto white tissue or kitchen paper, checking each time for headlice and nits.
5. Repeat for every part of the head at least five times.
6. Dispose of tissues in a bin.
7. Wash the hair with warm water and shampoo; rinse thoroughly.
8. Scrub the comb with an old toothbrush in hot soapy water.

If you find live headlice, repeat steps 1-8, two to three times a week for three weeks. When no more headlice or nits can be found, follow steps 1-8 once a week to keep everyone headlice-free.

Responsibility
It is the responsibility of the parent/guardian to check their child’s hair for headlice and to treat for headlice if they are present. It is not the responsibility of school or child care centre staff to check or treat students for headlice.

Parents/guardians may be notified if a staff member believes a child has headlice. The child and other household members should be checked, and if necessary, treatment should begin before the child returns to school.

A school may request a note from the doctor stating that the child has been effectively treated before the child returns to school.

If there is any adverse reaction to a treatment, seek medical advice.

Wet combing treatment
Wet combing can be used to both check for and treat headlice. You will need hair conditioner (a cheap product available through schools.

Wash the hair with warm water and shampoo; rinse thoroughly.

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