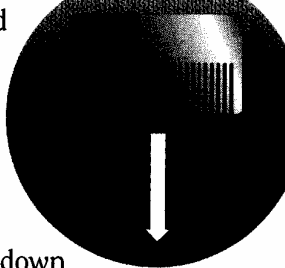
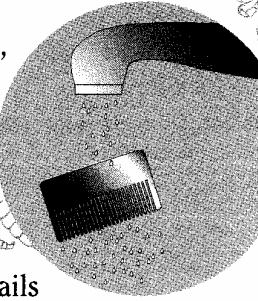
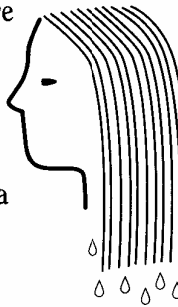


## How to treat head lice

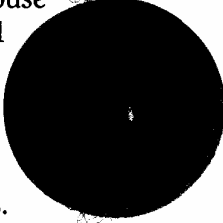
If you find head lice:

- 1 Comb the head carefully with a lice comb. Put the teeth of the lice comb next to the scalp and pull the comb down the whole length of the hair. 
- 2 If the comb tugs the hair, use more conditioner.
- 3 After each stroke, rinse the comb in a sink or bowl of warm water, and wipe it dry. Then check the comb and your fingernails for lice. (You don't want to put any lice back in the hair.) 
- 4 Comb the whole head, section by section.
- 5 Keep combing until you find no more lice. Comb the whole head a couple of times after the last louse was found.
- 6 Rinse the hair to remove the conditioner.
- 7 Sit upright, leaving the hair dripping wet. "The wetter the better". 
- 8 Untangle the hair with a wide-tooth comb. Then use a fine-tooth comb.
- 9 Comb the whole head carefully with a lice comb. You may again find a few lice.

- 10 Keep combing until you find no more lice. Comb the whole head a couple of times after the last louse was found.
- 11 Repeat this treatment every 3-4 days for 2 weeks (see "Days to treat" below). This will remove the lice as soon as they hatch and before they can multiply or move to someone else.

### Days to treat:

1	2	3	4	5	6	7
8	9	10	11	12	13	14

- 12 If you find an adult louse on any day after day 1 of the treatment, these are NEW lice, and you will need to treat the hair for ANOTHER two weeks. 
- 13 It is important to check the hair of everyone who lives with you. Do this when the hair is wet with conditioner. If you find lice, you need to do the treatment.
- 14 After each treatment, clean everything you have used, like combs and towels. Wash hats, sheets and pillow cases. It is not necessary to spend a lot of time cleaning the house. It is better to spend the time checking the hair of everyone who lives with you.
- 15 When you treat someone with wet combing, make sure you are both comfortable. The person being treated should sit at a good height for you. Put a towel over the shoulders to catch drips, and let the person watch a video or read a book.

If you have questions about Head Lice call a Community Health Nurse at your local Community Health Centre/Office.

### COMMUNITY HEALTH CENTRES/OFFICES IN VANCOUVER AND RICHMOND

#### Vancouver

Evergreen Community Health Centre  
3425 Crowley Drive ..... 604-872-2511

North Community Health Office  
1651 Commercial Drive ..... 604-253-3575

Pacific Spirit Community Health Centre  
2110 West 43rd Avenue ..... 604-261-6366

Raven Song Community Health Centre  
2450 Ontario Street ..... 604-709-6400

South Community Health Office  
6405 Knight Street ..... 604-321-6151

Three Bridges Community Health Centre  
1290 Hornby Street ..... 604-736-9844

#### Richmond Health Services

Richmond Health Department -  
Population Health

7000 Westminster Highway ..... 604-233-3150

Access for deaf/hard of hearing  
Vancouver or Richmond TTY/TDD 604-660-0508

#### NORTHERN HEALTH AUTHORITY

**PUBLIC HEALTH NURSING**  
BAG 5000 3793 ALFRED AVE  
SMITHERS BC VOJ 2N0  
Phone: (250) 847-7360



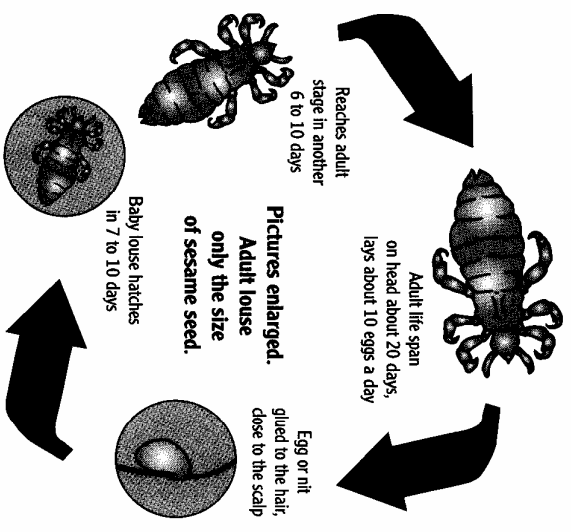
# GETTING RID OF HEAD LICE by Wet Combing

*A non-chemical method of treating head lice*

*This is a safe way of getting rid of head lice. You don't need to use pesticides, and it doesn't cost much.*

### Facts about head lice

- Lice are tiny insects, about the size of a sesame seed.
- Lice live only on a person's head.
- Anyone who has hair can get lice.
- Lice do not jump or fly.
- Lice can move quickly on dry hair, so they are difficult to see.
- Lice bites can make the scalp itchy.



- Adult lice lay about 10 eggs (called nits) every day. These nits are stuck to the hair near the scalp.
- It takes 7-10 days for the nits to hatch.
- It takes 6-10 days for a louse to become an adult. Up to that time, it stays on the head, but does not lay eggs.

- You can normally find the nits behind the ears or on the back of the neck.
- Nits can have different colours and are about 1/3 the size of a sesame seed.
- You can't get rid of nits by brushing, or with a hair dryer.
- After the lice hatch, the shell of the nit stays stuck to the hair. If it is more than 12mm (1/2 inch) away from the scalp, it is probably empty.
- You can get lice by touching heads with someone who has lice, or by sharing combs, brushes and hats.
- Lice are common where children play or work closely together.
- Lice do not cause disease.

### Find and treat as soon as you can

- Use WET COMBING to see if there are any lice on the head.
- Lice move quickly on dry hair, so you cannot see them easily.
- If you put conditioner in the hair, the lice cannot move, so you can see them when you comb them out.

### When to check for head lice

- Once a week after shampooing;
- If anyone in your home is scratching his/her head more than usual;
- If you get a note about lice from the daycare or school;
- If your child's playmates have head lice;
- At the end of school vacations. This is to make sure your child does not take head lice to school.

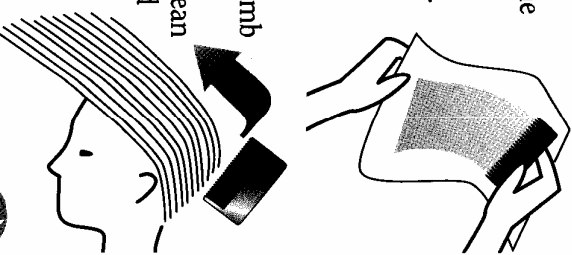
### What you will need

- Shampoo (not expensive)
- Conditioner (white in colour, not expensive)
- Wide-tooth comb to untangle hair
- Fine-tooth comb to look for lice
- Hair clips (may be needed for long hair)
- Towels
- Paper towels
- Lice comb, for treatment if you find lice. (Most pharmacies sell lice combs.)



### How to check for head lice

- 1 Shampoo the hair.
- 2 Rinse.
- 3 Put enough conditioner on to cover the whole scalp.
- 4 Untangle the hair with a wide-tooth comb.
- 5 Comb through the hair close to the scalp with a fine-tooth comb. After each stroke, wipe the comb on a paper towel and look for lice.
- 6 Make sure you comb the whole head. Have your child lean over the sink, and comb from the back of the head to the front.
- 7 If you find ANY lice, you need to TREAT.



SEE OVER

