



Managing Head Lice/Kutu

Parent/Caregiver Information

he whakaaritanga hauora koreutu mo nga
tamariki katoa

Facts

- Head lice are small insects (2-3 mm long).
- Nits are head lice eggs which look like small white specks.
- Head lice feed on blood from the scalp, causing bites.
- Anyone can catch head lice, they crawl between heads during close contact.
- They can be spread by sharing hats, combs and brushes which they can live on for two days.
- Swimming/bathing does not remove head lice or nits.
- For more information see www.kidshealth.org.nz.

What to look for

- White specks attached to hair close to the scalp (nits).
- Brown/grey insects moving in the hair.
- Tickling feeling in the hair, being itchy, and scratching hair.
- Small red marks on the scalp and/or neck (bites).

If head lice are suspected

- Treat with wet-combing method (over page), or
- See your general practice team to access medical treatment.

To avoid head lice infestations

- Brush hair every day – injured lice are unlikely to breed.
- Don't share hairbrushes, hats or hair ties.
- Keep hair tied up.
- Wet comb once a week for early detection.
- Soak hair equipment for 10 minutes in hot water every week.

Tips

- When treating head lice, treat everyone on the same day to avoid re-infection.
- Wash linen and towels when treating head lice to avoid re-infection.
- Use only products designed to treat head lice in humans.

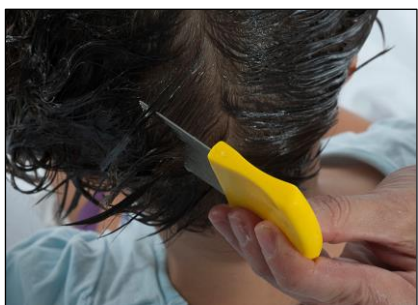
Wet combing head lice treatment and prevention



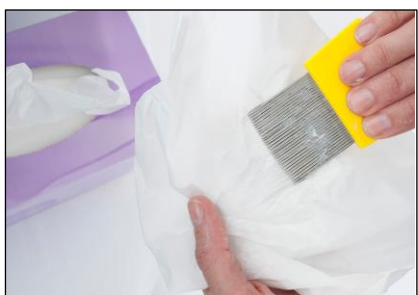
- 1 Make your child comfortable. Put lots of conditioner through wet or dry hair.



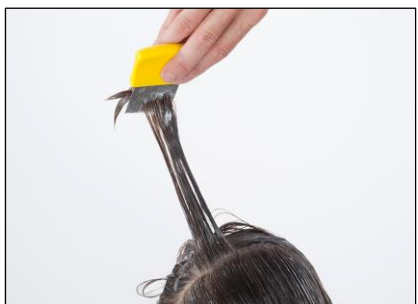
- 2 Comb or brush out knots with an ordinary comb.



- 3 Change to a fine-tooth head lice comb and comb sections. Comb from the roots to the ends of the hair.



- 4 After each comb, wipe the conditioner on to a paper towel or tissue.



- 5 Comb each part of the head, section by section. Comb each section 4 or 5 times. Rinse out conditioner.

If you find lice or nits, repeat these steps every day, or at least every 2 to 3 days – until no lice found for 3 days in a row. Check the hair of everyone in the house 2 times a week for 2 weeks to make sure head lice stay away.

For more information about:

hospital and specialist services, go to www.cdhb.health.nz | your health and medication, go to www.healthinfo.org.nz