

How do you check your child for head lice?

If there are head lice at school, there is only one solution: check EVERY child. This is because you will only get rid of them if everyone plays an active role. Follow the eight steps below and you'll know immediately if your child has head lice. By doing this, your child will be head lice-free that much quicker.



20 min

What do you need?



Comb



Toothpick



Head lice comb

You can buy a good head lice comb at the pharmacist's. This comb has very fine, angular teeth that are very close together and do not bend.



Bowl of lukewarm water



Cream rinse, conditioner or balsam solution



2 towels



White napkins or kitchen roll

Step by step instructions:



1

Have your child sit bent over the washbasin or bathtub. Get the hair very wet using lukewarm water.



2

Rub in a lot of conditioner. Do not rinse.



3

Comb out the tangles with a regular comb.



4

Then comb out the hair with the head lice comb. Comb the hair from back to front - so from the neck to the forehead. Start at one ear, combing a section of hair over, one by one, until you get to the other ear

Please note: Make sure the comb is pressed firmly against the scalp since head lice nest as close as possible to the skin.



5

Wipe the comb on white kitchen roll after each comb through and check for any head lice.

Here they will stand out against the white background. An individual louse is 2 to 4 mm in size and greyish-white to brown in colour.

6

If there are any head lice stuck between the teeth of the comb, use a toothpick to remove them.



7

Have your child sit up straight now. Repeat the comb through with the head lice comb, but in the other direction: from back to front - so from the forehead to the neck.

Again, start at one ear, combing a section of hair over, one by one, until you get to the other ear. Always wipe the comb on kitchen roll after each comb through and check for any head lice.

8

When you are done combing, rinse the hair out and dry it with a towel.

Did you find any head lice?



Did you find any head lice? If so, repeat the combing process every three days until you no longer find any head lice.

X X X



Check everyone else in the house for lice.



After use, put all hair brushes and combs in hot water at 60 °C for five minutes.



Always wash all pillow covers and towels used by your child at 60 °C.

Repeat this every three days for two weeks.



5 minutes



2x

X X X



Head lice will die when they are not on a scalp for more than two days. This is why all bed coverings, stuffed animals, hats and scarves must be kept away for 48 hours.

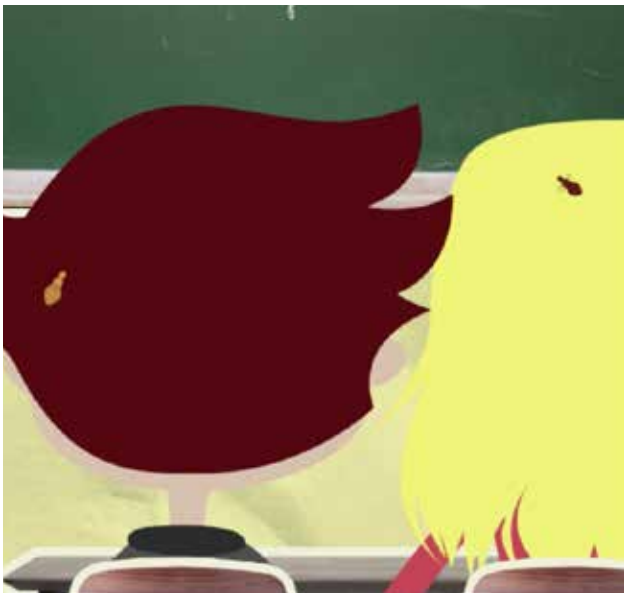


You can also put them in the freezer overnight, as this will also kill head lice.

48 hours



12 hours



Have you not been able to get rid of the head lice after 14 days? If so, ask your family doctor or your pharmacist for help.

