

Head Lice

The association of head lice with dirty hair is a common misconception. Head lice are equally happy living in clean hair. The vast majority of cases of head lice are amongst the age group of 4-16 year olds. They are usually caught via head to head contact and, more rarely, by sharing hairbrushes and hats and combs.

Head Lice can be found in all types and all lengths of hair and there are a number of methods to treat this common problem. Regular washing and combing with a fine-toothed comb and conditioner is an alternative to chemical treatments.

If a case of Head lice has been confirmed then the whole family should be treated. The method of removing lice by combing and use of conditioner is known as “bug busting”. It has not been scientifically tested, but success has been reported by families that follow the instructions carefully. Other methods include the use of essential oils (tea tree oil).

	Routine
1	Comb hair from root to tip at least twice a day
2	Check hair once a week using special comb
3	If head lice are found, treat by wet combing