**HAVE YOU GOT HEAD LICE?**

**Detection combing – how to do it**

You need:

· Plastic detection comb (from the pharmacist)

· Good lighting

· Ordinary comb

Wash the hair well and then dry it with a towel. The hair should be damp.

Make sure there is good light. Daylight is best.

Comb the hair with an ordinary comb.

Start with the teeth of the detection comb touching the skin of the scalp at the top of the head.

Keeping in contact with the scalp as long as possible, draw the comb carefully towards the

edge of the hair.

Look carefully at the teeth of the comb in good light.

Repeat over and over again from the top of the head to the edge of the hair in all directions, working round the head.

Do this for several minutes. It takes 10 to 15 minutes to do it properly for each head.

If there are head lice, you will find one or more lice on the teeth of the comb.

Head lice are little insects with moving legs. They are often not much bigger than a pin head, but may be as big as a sesame seed (the seeds on burger buns).

Clean the comb under the tap. A nail brush helps to do this.

If you find something and aren’t sure what it is, stick it on a piece of paper with clear sticky tape and show it to your family doctor. There can be other things in the hair that are not lice.

**Notes**

You can buy a plastic detection comb from the pharmacist. Many combs sold as louse detection and removal combs are unsuitable for the purpose. Only those with flat-faced, parallel-sided teeth less than 0.3mm apart are appropriate.

Amongst the best known of these are the combs included in the “BugBuster” pack, which are designed for wet-combing with conditioner.

If you need help and advice, ask your local pharmacist, health visitor, school nurse or family doctor.

Don’t treat unless you are sure that you have found a living, moving louse.