**HOW TO TREAT HEAD LICE**

Please read HAVE YOU GOT HEAD LICE?

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

Never use head louse lotions on your family “just in case”. It’s never a good idea to use chemicals if they aren’t really needed.

If you are sure you have found a living louse:

Check the heads of all the people in your home.

Only treat those who have living, moving lice.

Treat them all at the same time with a head lice lotion (not shampoo).

Ask your local pharmacist, school nurse, health visitor or family doctor which lotion to use and how long to leave it on.

Always follow manufacturer’s instructions when applying a lotion.

Put the lotion on to dry hair.

Use the lotion in a well-ventilated room or in the open air.

Part the hair near the top of the head, put a few drops on to the scalp and rub it in. Part the hair a bit further down the scalp and do the same again. Do this over and over again until the whole scalp is wet.

With long hair you don’t need to apply lotion down any further than where you would put a ponytail band (except when applying Dimeticone which should fully cover hair).

Use enough lotion – at least one small bottle for each head and more if the hair is thick. Use all the lotion up.

Keep the lotion out of the eyes and off the face. One way is to hold a cloth over the face.

Let the lotion dry on the hair. Some lotions can catch fire, so keep well away from flames, cigarettes, stoves and other sources of heat. Don’t use a hair dryer.

Repeat the treatment in seven days’ time for all of those receiving the first treatment.

Check all the heads a day or two after the second treatment. If you still find living, moving lice, ask your local pharmacist, health visitor, school nurse or family doctor for advice.