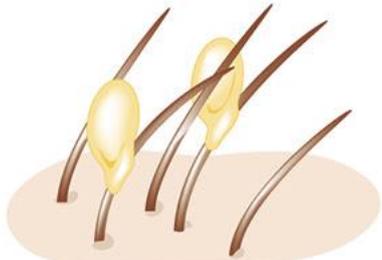
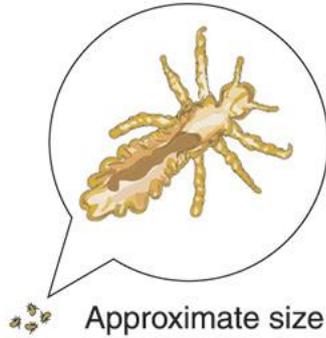


Treating head lice and nits

Nits: top five tips for parents



Louse eggs glued to hair shafts. Eggs are the size of a small pinhead



1. Check for lice and nits

Regularly checking your child's hair will mean you can spot head lice at the very first sign and treat them effectively.

If you're not sure what to look for, head straight to our [how to spot nits and head lice](#) picture gallery to see what nits and head lice look like.

2. Treat the head lice

Treat head lice as soon as you see a live one. See our table of the [best nit and head lice treatments](#) to find out the method parents were most satisfied with. Check all of the family and treat anyone who has lice.

And remember, if you choose to use a medicated product, only use it when you see live head lice. Do not use a medicated product as a preventative method, otherwise head lice can build up a resistance.

3. Repeat, repeat, repeat

We've said it before, we'll say it again – repeat, repeat, repeat.

Always follow up the treatment method as directed by the product you're using. If you choose the conditioner and nit comb method, repeat this at regular intervals until all the nits and lice have gone.

Even with treatments that claim to kill head lice after one application, the Department of Health suggests checking for lice again after 3-5 days, and again 10-12 days after using the treatment. This is because not all the eggs may be killed by the first application.

Regular combing through your child's hair and checking will help prevent a reinfestation.

4. Spread the word, not the lice

Head lice are extremely common – it's nothing to be embarrassed about.

Do tell your child's school, child minder or nursery so that they can alert other parents and ask to get their children treated as soon as possible.

If you don't, you run the risk of your now lice-free child being reinfected by someone they gave the lice to.

5. Don't fall for myths

There are many common myths surrounding head lice and nits, and some spread faster than gossip around the school playground.

Fear not, though – see our handy myth-buster guide to make sure you know the truth about head lice and nits.

Head lice myth buster				
Myth or truth	 State of hair	 Length of hair	 Spread of lice	 Itchy scalp?
Myth	Prefer clean hair	Prefer long hair	Jump and can spread via clothes/towels	Always means itchy scalp
Truth	Infect both clean and dirty hair	Infect all lengths and types of hair	Walk from head to head	Only itches if allergic to bites/faeces

