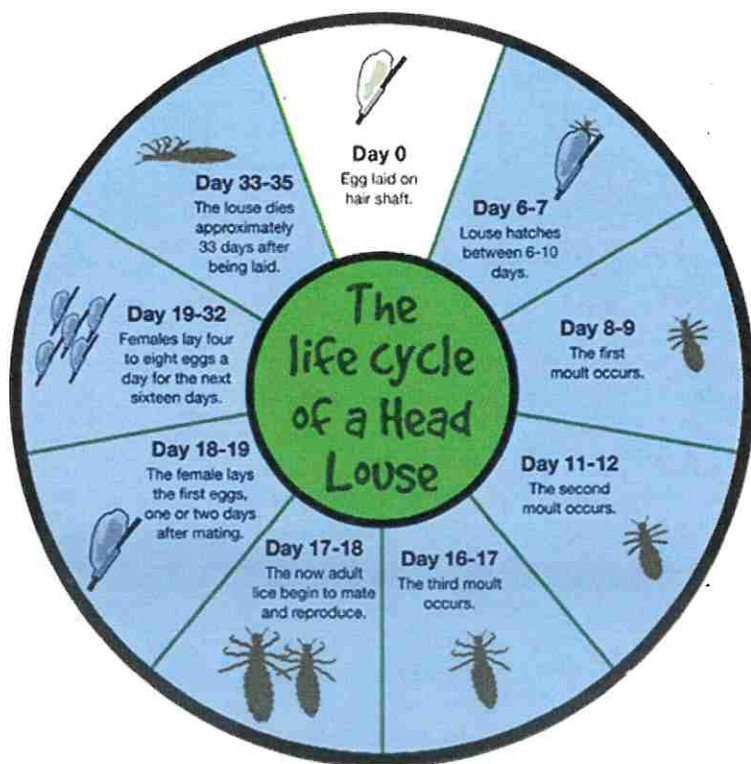


Head lice: key facts



0 DAYS: The lice egg (nit) is laid on the hair shaft.

6-7 DAYS: After 6-7 days the young louse hatches.

8-9 DAYS: 2 days after hatching the young louse has it's first skin moult.

11-12 DAYS: 5 days after hatching the louse has it's second moult.

16-17 DAYS: The third moult is 10 days after hatching. The louse is now an adult.

17-19 DAYS: The male and slightly larger female begin to reproduce.

19-32 DAYS: The female lays her first eggs 2 days after mating. She produces 4-8 eggs daily for the next 16 days.

33-35 DAYS: The louse dies but the cycle continues.

How to blitz those pesky nits!

The best way to search for head lice and nits is to buy a specially designed detection (nit) comb from a pharmacy. This is a fine-toothed plastic comb with spacing of less than 0.3mm.

You can check for lice on dry or wet hair.

- Use a brush or an ordinary comb to first detangle hair.
- Once hair has been detangled, switch to the detection comb.
- Start at the middle of the front of the scalp.
- Comb the hair from the roots to the very end of the hair.
- After each stroke, examine the teeth of the comb for living lice.
- Rinse the comb if you find any lice.
- Continue combing section by section until you've done the whole head of hair.
- Make sure you cover every inch of the scalp, including the area just behind the ears and at the nape of the neck.
- For wet combing, simply wash hair and apply conditioner before starting these steps. Afterwards, rinse out the conditioner and check hair again with the nit comb before drying.
- Repeat combing for lice in 7-10 days.

Please be vigilant for 18-19 days - it can take up to 1 month to completely delice hair. (see life cycle above)

Bites from head lice can cause intense itching and irritation on the scalp, but these symptoms may not appear until at least two months after the lice move in. A rash at the nape of the neck may also develop.

(Not to scale)

