

## Head lice

### Tips for preventing head lice

**Check your child's hair regularly** for head lice and eggs ('nits'). Use a metal fine tooth 'nit' comb and plenty of hair conditioner applied to the dry hair, to make the task easier and more effective. To help children sit still for this, offer distracting activities, e.g. play a favourite video, provide games, encourage reading, offer a head massage

**Tie long hair back.** Braid long hair and/or put it up if possible.

**Consider applying hair gel or mousse.** These do not prevent or repel lice but may help to keep stray hair strands from contact with other heads.

**Avoid sharing combs or brushes.**

**Remind your child** to avoid head-to-head contact with other children, e.g. when working at the computer with others, or when playing, or hugging.

If your child has head lice please notify their teacher.

For more information:

- The Head lice Fact Sheet available from the school
- Visit [www.public.health.wa.gov.au/2/261/2/head\\_lice\\_fact\\_sheet.pm](http://www.public.health.wa.gov.au/2/261/2/head_lice_fact_sheet.pm)