

The Nitty Gritty



Head lice

are small wingless insects with 6 legs that cannot jump only crawl.



One female in 16 days' will lay around **130 eggs.**



Eggs are laid daily and **hatch daily.**



Newly hatched lice could take up to **a week** to be noticed.



Whilst checking the hair poke flakes on the scalp with your comb if it moves it's alive.



You can treat the lice at home by wet combing with a head lice comb or by using a **lotion or spray.**



A lotion or spray should only be used if a **living** (moving) head louse is found.

At least two applications of lotion are needed to kill lice over the hatching period because the lotions don't always kill louse eggs.



It's recommended that pregnant women use either wet combing or 4% dimeticone lotion, which is licensed for use during **pregnancy and breastfeeding.**

