

**How to cope with head lice**  
Community Hygiene Concern Reg. Charity No: 801371  
[www.nits.net](http://www.nits.net)

**Vital knowledge about the life-cycle**

- A head louse usually hatches 7 to 10 days after the egg is laid (sometimes 5 to 11 days).
- A newly-hatched head louse becomes full-grown in a minimum of 6 days.
- Full-grown head lice move from head to head; younger lice tend to stay on the head where they hatch.
- Full-grown lice mate and the female starts laying eggs, at the earliest on day 7 after she herself hatched.

**Breaking the life-cycle**

*Preventing head lice from spreading:* it is critical to remove the lice before the sixth day from hatching

*Preventing head lice from reproducing:* a new generation of eggs can be laid from day seven after hatching

**Many products rely on killing lice as they hatch because it is difficult to kill live eggs with chemicals, and hard to ensure the removal of all eggs by combing**

With a double dose treatment, applied on day 1 and a week later (day 8) **the three risks** are that:

1. Lice hatch from eggs directly after the first application and reach adulthood before the second application, so they can spread and lay eggs.
2. Lice may continue to hatch till day 11 after the first application, which is 3 days after the second application!
3. New full-grown lice, caught from other infested heads between applications will lay more eggs.

**Inform yourself what a treatment entails before you choose one**

*If you get your treatment product from a pharmacy, ask the pharmacist to go through the instructions with you. If you buy off-the-shelf, read the information on the pack to find out how many applications per infested head are required.*

**Remember** that whatever information is on the pack, **you always have to check for lice on days 5 and 12/13 and remove them, to avoid the 3 risks of continuing infestation.** Metal nit combs are not recommended for louse detection and removal.

**You can cover all three risks with a Bug Buster Kit alone. Use the specially designed combs according to the step-by-step instructions for detection, cure and nit removal.** This saves the expense of the treatment product and the time required to shampoo the treatment applications from the head. A single Bug Buster Kit is re-usable by a whole family for years. Buy one online at [www.nits.net](http://www.nits.net)

**Parents seeking prescription treatment for their children,** may choose a Bug Buster Kit, which is a registered medical device, available on NHS prescription. If you prefer another prescribable treatment, request a Bug Buster Kit as well, to check the efficacy of the treatment.

**Use products responsibly**

- Keep all products for the control of head lice out of the reach of children.
- Remember to avoid naked flames, cigarettes and other sources of ignition throughout the treatment period whenever a product is applied to DRY hair.
- Take precautions against slipping if any spills.

March 2011

For more useful information please ring our one-to-one Help Line on **01908 561928**  
and visit [www.nits.net](http://www.nits.net)