

With the bug busting method there are no medicated products used containing neuro-toxic pesticides or other ingredients, only a range of specially designed combs used with your usual shampoo and conditioner.

Head lice next to a pin and matchstick



Rinsing the comb of the lice

The Nit Buster Comb removes unsightly egg shells (nits)

The Bug Busting kit which is reusable for a family, includes a selection of combs and an illustrated guide. The kits can be purchased from some pharmacies or by mail order from the Community Hygiene Concern website, see details below:

Community Hygiene Concern

22 Darin Court
Crownhill
Milton Keynes
MK8 0AD

Bug Buster Help Line: 01908 561928
Fax: 01908 261501
email: bugbusters2k@yahoo.co.uk
www.chc.org/bugbusting
Charity reg no: 801371



Certified member
This organisation has been certified as a producer of reliable health and social care information.
www.theinformationstandard.org

Further copies of this may be obtained from:

© County Durham & Darlington Health Improvement Service
Tel: 01325 364270
Email: cdda-tr.hislibrary@nhs.net
www.impact.cddi.nhs.uk
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Facts

Did you know Head Lice:

- can cause itching
- feed by biting and sucking blood on the scalp
- live in any hair length, clean or dirty
- hang on tight to hair, usually close to scalp where its warm
- need to maintain contact with a host to survive
- cannot fly or jump
- once mature, only spread by head-to-head contact
- are most common in children between 4 to 11 years old

Life Cycle

The female louse lays eggs in sacs (nits) which are glued to the hair shaft close to the scalp which hatch after 7-10 days.

Once hatched, a louse becomes fully grown in 6-10 days and is 3mm in size (the size of a sesame seed).

Once the female has mated, she can start laying eggs on day 7 after she herself hatched.

The total life span of a louse is 3 weeks.

Detection

There are two methods of detection, dry or wet combing, however the most reliable method is the wet detection combing because lice remain motionless when they are wet. The head lice comb is fine-toothed with spacing of less than 0.3mm to trap the lice and can be purchased from pharmacies.

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



Dry detection combing

- Using an ordinary comb, untangle hair
- Place the louse detection comb at the scalp combing through the lengths of the hair three or four times for each section
- If a louse is found, trap it between the comb using your thumb
- Continue until all sections of the hair have been dry combed

Wet detection combing

(See Bug Busting combing procedure)

Treatment Methods

There are two options of treatment, lotions/sprays or the 'bug busting' method. Neither treatment will protect against re-infestation if at a later date head to head contact is made with someone with head lice during the treatment period. Therefore if a head lice infestation is confirmed, check all close family and friends using the 'wet combing' method at the same time to prevent re-infestation.

Method 1: Medicated lotions or sprays

For advice on which product to purchase, see your pharmacist.

Caution

Prior to using medicated lotions you should seek advice from a healthcare professional for young babies (under six months old), pregnant women or people with asthma or allergies.

- Only use lotions if you find a living (moving) head louse and ensure you have enough to treat all those affected
- Follow instructions carefully on the packet eg how long the treatment must remain on the hair and how often you need to apply the lotion
- There is no certainty that some medicated products are capable of killing eggs as well as lice. After 3-5 days of application, check for baby lice hatching from eggs and again 10-12 days afterwards
- If the lice appear to be unaffected after the treatment (some lice can develop resistance to particular insecticides) consult your school nurse, health visitor, pharmacist or GP for advice.

Method 2: The Bug Busting method

- Using ordinary shampoo, wash and rinse hair, then apply ample conditioner
- Using a wide-toothed comb, untangle the hair
- Switch to the louse detection comb and place the bevel-edge of the comb teeth against the scalp, and draw through the lengths of the hair
- Remove lice from the comb by wiping or rinsing and repeat working through the hair in sections
- Rinse the conditioner out of hair and repeat the combing procedure in wet hair
- The procedure is to be repeated on day 5, 9 and 13 to clear young lice as they hatch, before they have time to reach maturity

