

Choose self care

What can I do to help?

Treat head lice as soon as you spot them. Check everyone in the house and treat them on the same day if they have head lice.

The first step is to try the wet combing method with everyday conditioner.

Treatments available to buy over the counter include head lice combs and medicated lotions or sprays. Always read the information leaflets provided with the medicine before using the treatments on your family.

When should I see a GP?

If you or someone in your family have enlarged glands in the neck, and/or a sticky, weeping scalp. Or if after many attempts, you cannot clear the head lice infestation.

