

Worried about head lice?

Head lice basics

- Head lice are **insects that live on the human head** and feed on blood from the scalp
- Head lice are **tiny**, and although they can't jump, hop, fly or swim, they can **crawl extremely fast**
- They have **6 legs** ending in **hook-shaped claws** to tightly grasp the hair
- Each head louse has an **adult life span of 30 days**, during which it could lay up to **300 pearly-white eggs**
- Head lice attach these **eggs** to the base of individual hairs **close to the scalp**
- Head lice aren't pleasant, but don't worry – they **don't carry disease**

Is your family at risk?

- Humidity created by sweat on the **human head is the ideal environment** for head lice
- Head lice live in **short or long, or clean or dirty hair**, so tying it back, cutting it short, or washing it often won't help to treat or prevent it
- Head lice move from person to person by **walking from one human head to another**
- This happens during head-to-head contact, which is **common when children play**
- For this reason, you should **be vigilant**, because they could bring back more than just homework from school
- Head lice can be **difficult to detect**, although some people's heads may become itchy
- You may also see **black specks on your pillowcase** in the morning, which could be their skin or droppings
- The best way of keeping head lice under control is to **check for them every week** – **make it part of your routine**, e.g. on a Sunday, when getting ready for the week ahead



Lyclear have a range of expert solutions

Treating head lice

- Before you treat head lice, you must **be sure that there is an active head lice infestation**
- Check by dividing the hair into sections and **combing the hair from root to tip** using a plastic detector comb
- If you find a live, moving head louse, there are **different treatments** you can use – **Lyclear** have a wide range of clinically-proven expert solutions
- **Insecticides** (also known as pesticides) **use chemicals** to kill head lice
- **Lyclear Creme Rinse*** is an **insecticide** that **works to kill head lice quickly**, and even penetrates and kills their **eggs****
- **Non-insecticides don't use chemicals**, but instead kill the head lice by blocking their breathing holes (spiracles) and **suffocating them**
- **Lyclear SprayAway** is a **non-insecticide** that contains essential oils and ylang ylang to **clear head lice quickly** and soothe sore scalps

Preventing head lice

- If you haven't found live head lice, it's important to **conduct regular weekly checks** to make sure that you can treat an infestation as soon as possible
- If a member of your family has been in contact with someone who has head lice, **be vigilant** and check your whole family's heads at the same time
- The **Lyclear Detector head lice detection kit**, a pack of four different coloured combs, can help you achieve this
- Alternatively, **wet combing** can sometimes be **more effective than combing alone**
- The **Lyclear CombAway wet combing kit** is designed especially for those all-important **weekly checks**, and is extremely easy to use
- **Lyclear Repellent** is a great way to **protect** against a head lice infestation, particularly when there is a reported outbreak

For more expert advice and to find out more about the Lyclear range, visit www.headliceadvice.net



*Contains permethrin 1%
**Always read the label