

Head lice and nits

Head lice and nits are very common in young children and their families. They are not caused by dirty hair and are picked up by head-to-head contact.

Head lice are small insects, up to 3mm long. They can be difficult to spot in your hair. Head lice eggs (nits) are brown or white and attached to the hair.

Head lice can make your head feel itchy.

The only way to be sure someone has head lice is by finding live lice. You can do this by combing their hair with a special fine-toothed comb which can be bought online or at a chemist.

Head lice need to be treated as soon as you spot them. You can usually treat them without seeing a GP.

Check everyone you live with, or have close contact with, and start treating anyone who has headlice on the same day.

Children who have lice present will be sent home from school and can return as soon as they have been treated.

For more information on treating head lice and nits, please visit the NHS website.