



### Wet Combing

Wet combing is based on the life cycle of head lice. It is about removing the live head lice from the head. Combing treatments are done every 3-4 days over a three-week period. This breaks the life cycle of head lice by removing them before they are fully-grown and able to lay more eggs. This option is low cost and safe but takes time and requires that the steps below be followed **carefully and completely**.

**Talk to the Collingwood School Nurse if you require further information.**

STEPS TO FOLLOW	DO REMEMBER
1. <b>Wash</b> hair with normal shampoo and rinse.	1. Note: On average, a wet combing session takes about ½ hour per person.
2. <b>Apply</b> at least ½ cup (125 ml) of conditioner (any brand) to cover and wet all of the hair. Do not rinse out the conditioner.	2. Untangle hair with a regular wide tooth comb. Conditioner will slow the lice down.
3. <b>Comb</b> sections of hair using a fine toothed lice comb. Divide hair into small sections. Firmly draw the comb from the scalp to the end of the hair. After each stroke, rinse the comb in a bowl of warm water, and wipe dry or wipe on tissues and throw tissues away in a sealed bag. . Continue section by section until the entire head is done. Make sure hair stays wet with conditioner during combing.	3. Metal or plastic nit combs are available at your local pharmacy. If the nit comb tugs the hair, use a wide toothed comb first and more conditioner, then try the nit comb again.  Make sure you have good lighting.
4. <b>Rinse</b> hair. Leave hair dripping wet. Repeat Step 3 combing without conditioner, until no lice or eggs are found.	4. Check the comb and your fingernails for head lice (you don't want to give them a ride back to the head).
5. <b>Wash</b> clothing, sheets, towels and pillowcases used in the past 3 days, in water at least 55 C or 130 F and then dry in the hot cycle of the dryer for at least 20 minutes <b>or</b> put the items in a sealed plastic bag for 10 days or in the freezer for 48 hours.  Disinfect combs and hair accessories by soaking in rubbing alcohol for 1 hour.	5. There is <b>no</b> reason to do a major clean-up of the house to get rid of head lice. <b>It is more important to treat the head lice and remove the nits.</b>  Only items that have been in direct contact with the affected person need to be washed e.g. shirts, jackets, hats, towels, combs, brushes. Vacuum floors, furniture, mattress, and car seat where an infested family member has spent time in the last 3 days

\*Repeat steps 1-4 every three days until clear of nits and/or live lice