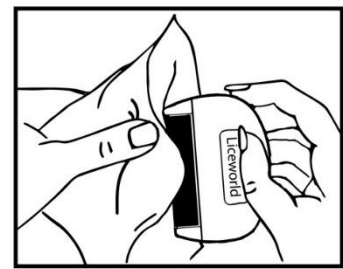
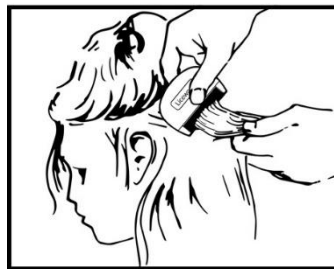
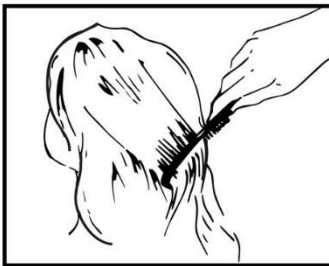


# How to check for head lice

Check your children's' hair for head lice at least once a week.

This is how you do it:

- Use a proper head lice comb with the correct distance between the teeth
- Use a conditioner
- Take your time to comb the hair thoroughly
- If you find live head lice, start a treatment immediately and remember to inform day care, school and friends



Start by combing the hair with a hair comb or a hairbrush. Then part the hair in sections, to make sure you comb all the hair. Make sure to check the head lice comb for head lice by wiping it in a white paper towel. Use enough light, and a magnifier if you need to.

More information about head lice? Visit [liceworld.com](http://liceworld.com) or ask your local school nurse or pharmacist.

Head lice are very tiny. Below you can see how they look (not actual sizes):



Adult. Size of a sesame seed. Color grey or brown.



Nymph. Smaller than the adult head lice. Color grey or brown.



Nit. Size of a grain of sand. Color white or light brown.

*Read more on [www.liceworld.com](http://www.liceworld.com)*