

What to Do Next

A simple route from first concern to checking, treatment and rechecking.

1. Check carefully

Use a detection comb and check the whole head. Do not treat solely because someone is itchy or because head lice have been reported nearby.

2. Confirm what you have found

The surest sign of active head lice is finding live lice. If uncertain, use the school parent hub for checking guidance or an indicative photo check.

3. Choose a suitable treatment route

Wet combing can remove lice and nits. If it has not worked or is not suitable, medicated lotions or sprays may be considered. Check suitability and instructions on the pack, and ask a pharmacist if needed.

4. Follow the full schedule

For wet combing, the NHS schedule is days 1, 5, 9 and 13, followed by a check on day 17. Product treatments may have different repeat instructions: follow the pack.

5. Recheck

Do not assume one session has finished the process. Recheck as directed and continue careful monitoring.

6. Get further help if needed

If treatment has not worked, ask a pharmacist about other options. Your school parent hub can also help you find professional head lice services nearby.