



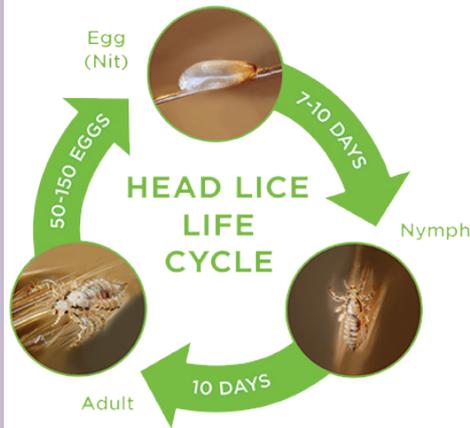
MOKO BEAR'S CARE FOR

HEAD LICE KUTU



- Head lice or kutu infestation is extremely common
- They breed rapidly and eggs hatch within 7 days
- They spread fast through schools and households
- Head lice or kutu infestation can be disruptive to a child's learning (scratching can be irritating and painful and they may need time off school)
- When one person in the house has head lice or kutu, everyone in the house needs to be checked
- Treating the hair twice, 7 days apart, is necessary to kill all newly hatched kutu

KUTU LIFE CYCLE



WHAT ARE THEY?

Head lice or **kutu** are tiny insects which infest the scalp. They feed on human blood and the warm scalp provides a place for the eggs to grow. They breed all year round. They can't fly, jump or swim but they scuttle and cling to the hair and spread easily through whānau and classrooms.

HOW DO THEY BREED?

Head lice or **kutu** start as small brown eggs, which are laid close to the scalp. They can lay 7-10 eggs a night. When they hatch they start living off blood from the scalp. Kutu can live approximately 33 days but will not survive for more than 24 to 48 hours when they are not on a human head.

HOW DO THEY SPREAD?

Head lice or **kutu** spread most commonly by head to head contact. They can be found in both clean and dirty hair. They can also spread by sharing hair brushes, towels, pillows, hair ties, hats and helmets as well as sleeping in the same bed.

Children in schools, Kōhanga Reo and other early childhood centres are especially vulnerable because they are in such close contact with each other.

HOW TO PREVENT KUTU

- CHECK**
Hair weekly
- BRUSH**
Hair daily
- TIE**
Long hair back



iMOKO
Healthier Kids at Your Fingertips

WHAT WE DO TO HELP



We help identify head lice or kutu and provide education to whānau about managing infestations



We issue prescriptions for treatment of head lice or kutu available from a pharmacy

For more information

CALL US FREE ON 0508-4-iMOKO (44 66 56)

WHAT ARE THE SYMPTOMS?

Itchy heads - most commonly the nape of the neck, behind the ears and under the fringe.

Red bumps, scratches and sores on the scalp as a result of scratching.

Visible head lice - you can see them in a child's hair or close to the scalp

ARE THEY INFECTIOUS?

Head lice or **kutu** cause an itchy scalp which makes children scratch. Sometimes scratching creates sores on the scalp. These can be painful for children especially when infected. When they are infected, a full course of antibiotics is required for treatment.

INFECTED SORES MAY NEED TO BE SWABBED BY OUR iMOKO TEAM.

OUR RECOMMENDED TREATMENT FOR HEAD LICE OR KUTU



Head lice shampoo - treatment available from your pharmacy with a prescription that we can provide



Wet combing using conditioner - apply conditioner to wet hair then comb with a fine-tooth nit comb, which can help remove head lice or kutu from the hair



Hair brushing - brush everyday as this can help injure or kill the head lice or kutu and stop them laying more eggs



WE DO NOT ADVISE USING FLY SPRAY OR ANIMAL REMEDIES