

A decorative vertical pattern of blue and white floral and scrollwork motifs, centered on the page.

HEAD LICE

iMOKO approach

WHAT ARE HEADLICE



- Head lice aka Kutus or Nits are a small insects with no wings which infest the scalp
- They are small and flat about 2-3mm long
- They breed all year around
- They feed on human blood, and the warm scalp provides a place for the eggs to grow
- They cannot fly, jump or swim. They scuttle and cling to the hair
- They generally don't carry disease
- They cause an itchy scalp and spread easily through whanau and classrooms



Headlice look like this

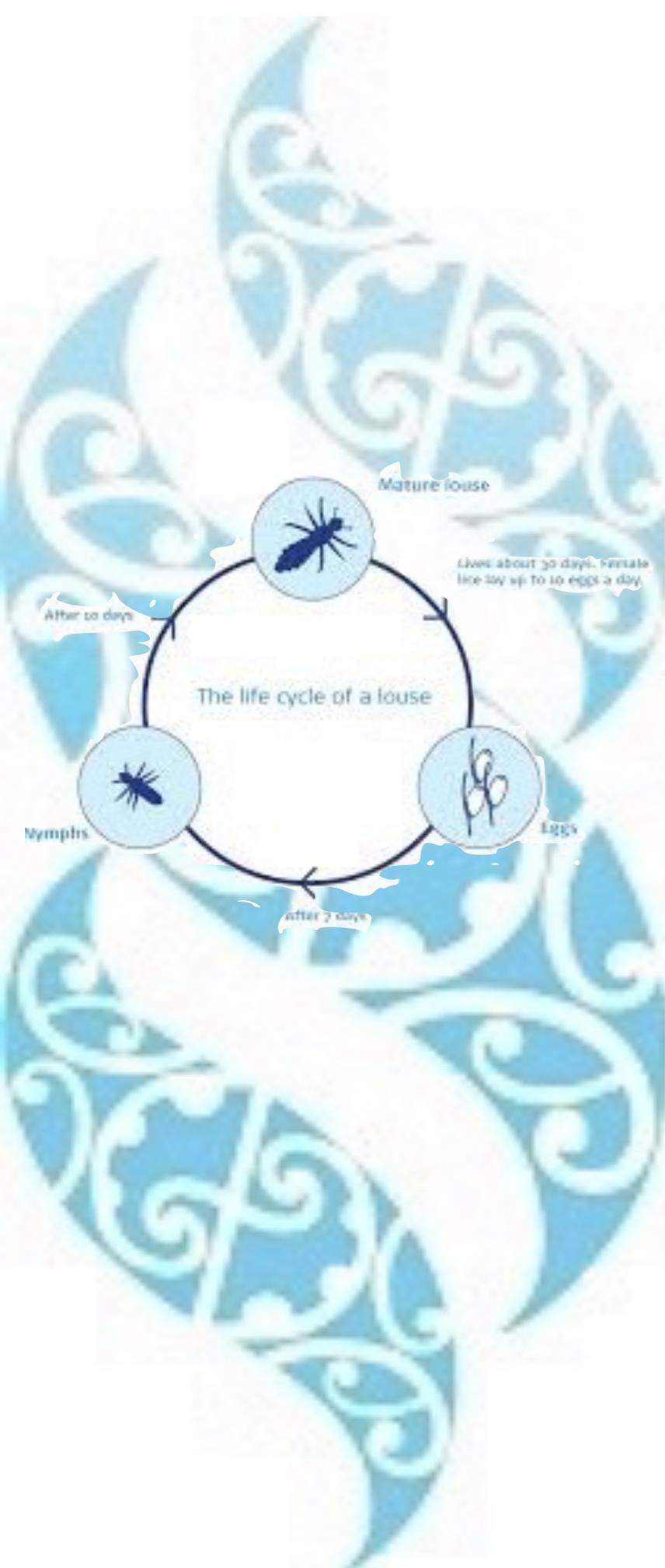
HOW DOES IT PRESENT



- Itchy heads
 - the worst areas are the nape of the neck, behind the ears and under the fringe
- Lots of time off school
- Red bumps, scratches and sores on the scalp as a result of scratching
- You see the lice
 - Seeing live headline in a child's hair
 - Seeing live (brown) eggs close to the scalp
 - Seeing dead/hatched (white) eggs in the hair

HOW THEY BREED

- Headlice start as small brown eggs that are laid close to the scalp
- Once laid, they take 7-9 days to hatch
- When they hatch they start living off blood from the scalp
- They can grow to be 40 days old
- Female kutu's can lay 7-10 eggs a night
- Because each kutu can have so many babies, it is easy to become riddled with them, and easy for them to be spread around



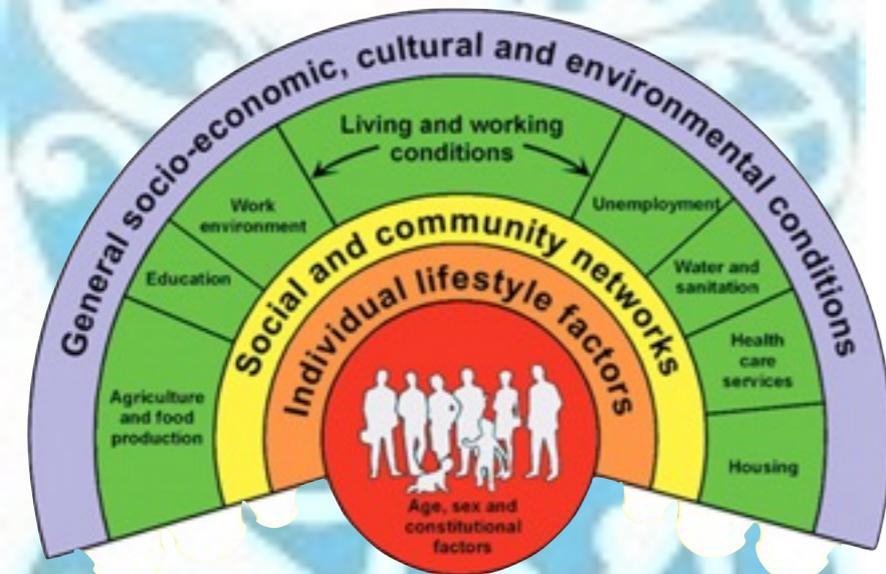
SPREAD

- Headlice can be spread by close contact
- Sharing hairbrushes, towels, pillows, hairties, hats and helmets
- Touching heads
- Sleeping in the same bed

- This mode of spread means that children in schools, kohanga and other early childhood education are particularly vulnerable because they are in such close contact with each other
- Headlice cannot live for more than a day off a human-head

WHY DOES THIS HAPPEN

- Headlice are really common and is a problem in a range of people
 - Young and Old
 - Māori and Pakeha
 - Impoverished and Well off
- It is almost impossible to prevent headlice because they are so common and are very good at breeding!
- How clean your hair is, or how often you wash it does not make a difference to your risk. But if you are washing your hair every day, you're more likely to see them



SO WHAT DO WE DO

- Because headlice is so common and can be so disruptive to the children while they are at school. We aim to get appropriate treatment to these whanau
- Part of the iMOKO programme is identifying kutus and giving education to the whanau around getting rid of them, as well as a prescription for headline treatment
- Even if one child in the house has kutus, it is important to check everyone in the house, just because it is so easily spread!



HEADLICE TREATMENT

- There are a number of ways we can get rid of live headlice (unfortunately we don't have anything yet that kills the eggs)
 - Hairbrushing
 - Brushing the hair everyday can help to injure and kill the kutus and can stop them laying eggs
 - Wet-combing
 - Combing wet hair with a fine toothed nit-comb can help remove headlice from the hair
 - Headlice treatment from the pharmacy
- What will not work
 - Normal shampoo
 - Fly-spray
 - Animal remedies

THE PRESCRIPTIONS

- Part of the iMOKO programme is prescribing pharmacy based headlice treatment
- To use this you;
 - Spray the solution onto dry hair until it is completely soaked
 - Leave for 10min
 - Rinse the hair to remove all the product
 - Comb hair with a fine toothed nit-comb to remove all the dead lice
- This will kill all the live lice in the hair at the time
- Unfortunately, it doesn't kill the eggs
- You will need to repeat the treatment in 7days to make sure you kill all the young kutu's that may have hatched since the first treatment

SCRATCHING

- When kids have kutus and scratch their head, sometimes they can get sores and open cuts on their scalp
- These can be really sore and hurt the kids
- They can also get infected
 - These may need to be swabbed
 - These may need to be dressed



WHY WE DO THIS

- Headlice is so common in our community and can be very disruptive to our kids and their learning
- By treating their headlice we can not only stop the spread, but take one more worry away from our whanau and our communities



TAKE HOME MESSAGES

- Headlice infestation is extremely common
- They breed really fast, and it takes about 7 days for a egg to hatch
- They spread fast through schools and households
- It is important to check everyone in the house
- Treating the hair twice, 7days apart is necessary to kill all the newly hatched kutus



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