

# How to get rid of head lice using the wet combing technique

Use this method to check for and treat head lice

**5** things you will need:

- hair conditioner
- a wide toothed comb
- a fine long toothed head lice comb
- bright light or sunlight
- tissues or paper towel



## 20 Minutes

Conditioner stuns head lice and makes hair slippery, making it easier to remove lice from the head.



## 7 steps to remove head lice:

Work quickly as the effect of the conditioner starts to wear off after about 20 minutes.

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7
Generously apply conditioner to dry hair to cover the scalp and the full length of the hair.	Untangle the hair with a wide-toothed comb.	Put the fine-toothed head lice comb flat against the scalp and draw the comb through each section of hair from the roots to the ends.	Wipe the comb after each stroke onto white tissue or paper towel, checking each time for head lice and nits.	Comb each section of hair at least 5 times.	Wash the hair as normal.	Scrub the comb with an old toothbrush remove any eggs or lice that may be present.

**REPEAT.** If you find live head lice, repeat steps 1-7 every 5 days until no lice have been found for 10 days.

*Wet combing using conditioner should be avoided for at least one day before and after chemical treatment, or as per the manufacturer's directions.*

# Kev tua ntshauv los ntawm muab zuag ntsis thaus cov plaubhau ntub

Siv qhov kev no los soj ntsuam thiab tua ntshauv

## 5 yam koj yuav tsum muaj:

- Lub tshuaj tub plaub haus ntaug (conditioner)
- Lub zuag ntsis uas muaj cov hniav dav/sib khuav
- Lub zuag hais ntshauv uas muaj cov hniav tuab/ntum thiab ntev
- Lub teeb ci ci kom pom tseeb lossis duab hnuv ci
- Ntawv tshuab ntswg lossis ntawv so tes



## 20 Feeb

Muab cov tshuaj tub plaub haus uas npliag tso li 20 feeb yuav ua rau ntshauv tsis feebmeej thiab uas rau cov plaubhau ntaug lossis npliag, ua rau yoojyim hais ntshauv tawm ntawm taubhau mus.



## 7 them kev uas hais ntshauv tawm ntawm taubhau mus:

Yuav tsum tau muab zuag hais kom ceev ceev vim cov tshuaj tub plaub hau ntaug tsuas pab tau li 20 feeb xwb, ntev dua ntawm tsis tsham ntaug lawm.

Theem 1	Theem 2	Theem 3	Theem 4	Theem 5	Theem 6	Theem 7
Muab cov tshuaj Tub plaubhau ntaug Mos rau cov Plaubhau Hauv paus ti ntsis.	Muab lub zuag uas muaj cov hniav dav dav ntsis cov plaub Hau kom xov laujvaub	Muab lub zuag hais ntshauv cov hniav tuab thiab ntev ntsis kom ti nkaus tawv taubhau pib ntawm cov hauv paus mus kom kawg nkaus rau nram cov ntsis hais kom txhua li.	Thaus hais tag ib zaug mus rau hauv lawm, muab ntawv tshuab ntswg lossis ntawv so tes dawb so lub lub zuag, xyuas saib puas pom ntshauv los-sis qes ntshauv.	Hais ib kab twg 5 zaug.	Zawv cov Plaubhau li txe-ev ib txwm	Siv ib tug txhuam hniav qub los txhuam lub zuag hais ntshauv kom tshem tag cov qe lossis ntshauv uas tej zaum tseem nyob ntawm lub zuag mus.

ROV NTSIS DUA. Yog koj tseem pom cov ntshauv uas ciaj, rov ntsis dua li cov them 1-7, 5 hnuv twg ntsis ib zaug txog thaum uas tsis pom ntshauv li lawm tom qab 10 hnuv. Tsi xob siv qhov hais ntshauv uas yog siv tshuaj tub plaubhau ntaug ua kom ntub kwv lam li ib hnuv ua ntej lossis ib hnuv tom qab uas siv cov tshuaj tua ntshauv tag, lossis ua lawv li lub tsev ua tshuaj tua ntshauv qhia kom ua.