

Checking for Lice

You will need:

- your eye glasses (if you need them)
- a bright light
- a metal lice comb (optional)
- a regular comb
- hair clips for longer hair
- paper towels

1. Explain to your child/family member what you are going to do. Have them sit in a comfortable spot under bright light.
2. Untangle long hair using a regular comb. Divide the hair into four sections and check one section at a time.
3. You are looking for live lice and nits. Nits are the lice eggs that cement to the hair near the scalp. Nits are white, grey or yellowish and can be confused with fluff, dandruff or dirt however a nit will not move until you dislodge it.
4. If using a lice comb, comb it through the hair close to the scalp and then wipe on a paper towel. Look at the paper towel for lice or nits.
5. You must look through the entire head. Use hair clips to hold longer hair in place.
6. If you find lice or nits follow the instructions in the Head Lice Treatment Options section of this resource.