



## **BLITZ THE BUGS !!**

**REMEMBER TO BUG BUST ON MONDAY 17th MARCH AND ON:**

<b>Friday 21st March</b>	<b>Tuesday 25<sup>th</sup> March</b>	<b>Saturday 29th March</b>
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### **HOW TO BUG BUST:**

- 1. Shampoo hair as normal and rinse.**
- 2. Apply lots of conditioner (wet lice can't move to escape the comb!) and comb hair with a wide-toothed comb first to de-tangle, and then a fine-toothed head louse comb.**
- 3. Comb the whole head, section by section, checking the comb for lice between each stroke and removing them (use kitchen towel or rinse comb in a bowl of water)**
- 4. Make sure you slot the teeth of the comb right into the hair at the roots and comb right down to the ends with each stroke.**
- 5. Repeat every 3-4 days for two weeks to make sure any newly hatched lice are caught.**

#### **Further Information:**

**Visit Community Hygiene Concern [www.chc.org](http://www.chc.org) or call the Bug Busting Helpline on 01908 561928**