

Head lice

Unfortunately, there are persistent cases of head lice in Year 2. It only takes one person to not be treated to allow for reinfestation. Please could you be vigilant in checking your child/ren to give us the best chance of breaking the cycle.

Information and facts

Head lice are small wingless insects that crawl. When hatching they are the size of a sesame seed! They grow over seven to fourteen days. The female lays eggs which glue to the hair root. In seven to ten days they hatch. The empty shells are called nits. Lice prefer **clean** hair. They pass around by head to head contact. Tying long hair back helps reduce contact

Symptoms

You may notice more itchiness of the head, more scratching. There may be a red area to the nape of neck and behind the ears. These may indicate to head lice being present. If you notice these symptoms then check the head, also all the family. Regular checking can avoid symptoms arising.

Checking

Wash hair as normal then apply lots of conditioner (cheap products are all that's needed). Comb through as normal then comb through using a nit comb (available in most pharmacies). Combing should be repeated. If no lice are found, check again in a month, or if symptoms arise. **Please alert close friends so they can check their families, and inform the school who will advise parents to be vigilant, without breaking any confidences.**

Treatment

Treatment 1- Bug Busting (wet combing)

If lice are found treat as if **checking** but repeat every 3 days for 2 weeks. Then check again in a month.

Treatment 2- Head lice lotion

Only use if lice are found **do not** use as a preventative

This will stun or kill lice. Washing, conditioning and combing every 3 days for two weeks is still necessary to clear the hair of lice. There are many products, ask your pharmacist. Lice can build up resistance to these products though.

Other prevention products: Tee Tree products for hair. Nitty Gritty is safe if you suffer with ASTHMA or NUT ALLERGIES. These are available at chemists or health stores.

Thank you for your hard work.

If you would like any support or advice you can talk to me in confidence, please arrange an appointment with the school office.

Mrs N George

Medical /Health Liaison Assistant.