Longwell Green Primary School
Advice on Treatment of Head lice

Headlice occur in school regularly and school holidays are a good time to check your child's hair and treat, if necessary, to get rid of Headlice. Please find some guidance below or check out the NHS website - https://www.nhs.uk/conditions/head-lice-and-nits/

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.

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 for the benefit of all the children in school.