



SOUTH HILL PRIMARY SCHOOL

'Building Character, Learning Together'

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HEAD LICE

PLEASE TAKE THE TIME TO READ THIS SHEET NOW AND KEEP FOR FUTURE REFERENCE

As you will know, incidents of head lice in school can be a recurring problem. Therefore we all need to be vigilant to keep on top of the problem.

It is important that you please:-

1. Look at your child's hair this evening.
2. Treat if necessary straight away.
3. If using chemical solution, before treating wash off all conditioner and chlorine from the hair.
4. It is VITAL that you treat the whole family to prevent re-infection.
5. Check your family's hair on a daily basis.

Facts about Head lice

Head lice are spread by climbing from head to head.

They cannot fly, jump or swim. Head lice lay their eggs on the hairs near the roots.

Old eggs are found on the hairs further along as the hair grows, and the empty egg cases are called nits.

It does not make any difference whether hair is long or short, clean or dirty.

To help with the problem, may I suggest that long hair is kept tied back.

Wet combing method

It is possible to treat head lice without the use of harmful chemicals. If you find lice, you can use the following recommended wet combing method.

- Wash hair in the normal way with an ordinary shampoo.
- Using lots of conditioner and while the hair is very wet, comb through from the roots with a fine tooth comb. Make sure that the teeth of the comb slot into the hair at the roots with every stroke, and do this over a pale surface, such as a paper towel or the bath.
- Clean the lice off the comb between each stroke.
- Wet lice find it difficult to escape, and the hair, which is slippery from conditioner, makes it hard for them to keep a grip - so removal with the comb is easier.
- If you find lice, REPEAT EVERY 3 - 4 DAYS FOR TWO WEEKS, so that any lice emerging from the eggs are removed before they can spread.

If EVERYONE tries to follow these guidelines, the chances of re-infestation will be greatly reduced. For further information visit: <http://www.nhs.uk/conditions/Head-lice/Pages/Introduction.aspx>

Thank you for your support.