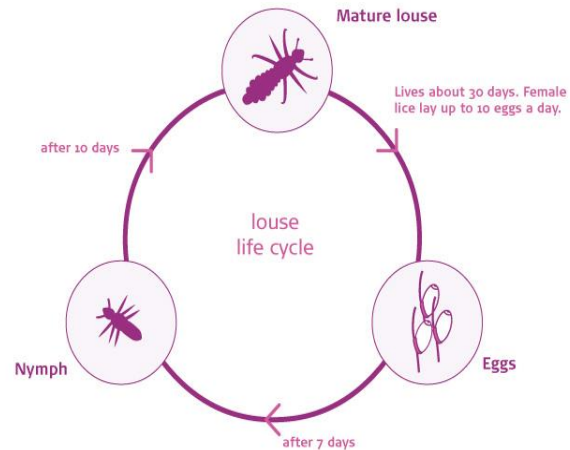




NEWTON POPPLEFORD SCHOOL

HEAD LICE



Regrettably, once again there are cases of Head Lice reported in your child's class. I would be grateful if all parents could check their child's hair (and any siblings) as soon as possible, and then regularly over the **next four weeks**. Unfortunately, even if just one parent leaves such a situation untreated, the whole cycle will repeat itself in a very short space of time, and as I am sure you are aware, it spreads rapidly through the class.

The Health Authority currently recommend wet combing, with a nit comb on alternative days, and in conjunction with lotions. The Health Authority advise that there are some extremely good products available in chemists, however, they do stress the need to follow the instructions 'to the letter' otherwise the lice gain resistance to the treatment.

Also, in the interest of both health & safety and hygiene, may we politely request that any children (boys and girls) with collar length hair, or longer, have it tied up whilst at school.

Nit combs are now available from the school office for 50p.

Thank you, in anticipation of your help with this on-going problem.

Mr Vaughan

Head Teacher

Please find further information on the reverse of this note.

Head Lice / Nits WHAT ARE THEY?

*Head lice are small wingless insects that live on the hairs of your head.

*They cannot fly, jump or swim - they simply walk from one person to another where there is head to head contact.

***Adult lice** are pale coloured six-legged insects. **Eggs** are cream/brown coloured, about the size of a granulated sugar grain and/unlike dandruff, can't be easily brushed away. **Nits** are empty egg cases and are white and easily seen.

DO THEY CAUSE ANY HARM?

They don't cause any serious health problems, but if left untreated they will make your head itch, and you may spread them to other people.

HOW CAN I CHECK FOR THEM?

The best way is to use a detection or 'nit' comb on very wet hair. Comb through the hair in sections from the roots, getting as close to the scalp as possible.

Live lice will look like small wriggling insects, flesh coloured and about the size of a grain or rice.

HOW CAN I AVOID GETTING LICE?

Regular combing with a nit comb or other fine-toothed comb will prevent an infection.

Comb your hair in the normal way daily, and try and carry out the following combing routine

Once a week:

COMBING

1. Wash hair, or wet thoroughly.
2. Massage a generous amount of conditioner into the scalp and hair.
3. Comb hair to get rid of the tangles.
4. Using the nit comb, comb hair from the roots to the ends.
5. Any lice found should be removed after every stroke of the comb - otherwise you may put them back in the hair!
6. Wash off the conditioner.

IF LIVE LICE ARE FOUND, IF YOU CARRY OUT THIS ROUTINE EVERY OTHER DAY FOR TWO WEEKS, IT SHOULD GET RID OF THE INFECTION.

REMEMBER

- . Head lice can only be transmitted by close head to head contact.
- . If your child has lice, let their school, playschool and any other groups know.
- . Head lice are not able to breed until they are about 10 days old. They live for about 40 days and can lay up to eight eggs a night.



Don't be embarrassed, lice like clean hair!