



Loving, Learning, Living

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Dear Parent/Carer

It has been heard again! The dreaded word “LICE”! Here is a quick reminder for you on how to detect and treat these creatures. Our parents/carers are encouraged to check their own and their young person’s hair and to treat appropriately.

Detection

- Adult lice are usually pale in colour, the size of a sesame seed and live very close to the scalp. They have six legs and walk from one person to another when there is head to head contact.
- Eggs are cream/brown in colour and the size of a sugar grain.
- Nits are empty cases, white in colour and stick to the hair.
- Head lice do not cause any serious health problems, but if left untreated the lice will cause the scalp to itch and the lice may be passed on to other people.

Head lice infection is present if an actual living, moving louse is found.

- Check your child's hair. The most common places for head lice are in the hair behind the ears and at the nape of the neck.
- If you still can't spot any lice, comb the child's hair with a special 'nit comb'. These are available from most chemists. It's easier to spot head lice as they fall out if you comb the hair over a piece of white paper.

Treatment

There are various medicated lotions or sprays available over the counter at pharmacies and these can be used alongside the following:

Twice weekly combing with a nit comb **will help** to prevent infestation developing.

Comb your hair in the normal way every day and follow the wet combing method twice a week.

- Wash hair and leave wet, but not dripping
- Massage a generous amount of conditioner into the hair
- Comb hair to get rid of any tangles
- Use a nit comb to comb through the hair in sections
- Comb from the roots, ensuring that the comb touches the scalp to hair end
- Any lice found should be removed after each stroke of the comb by wiping the comb on a clean tissue
- Finish combing and rinse hair
- Dry hair in the normal way

It is really important to repeat the wet combing method twice a week, as head lice are able to breed once they are a week old. Head lice can live for 40 days and will lay up to 8 eggs per night.

If you require any further information you may find the following website helpful:

www.nhs.uk/conditions/head-lice

Many Thanks

Iain Long
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