



St Mary's Catholic Primary School

Let Your Light Shine

Dear Parent/Guardian,

INTRODUCTION

It has been noted that a number of children in school have been identified as having head lice.

Unfortunately it's a fact of life people do get Head lice. It's not a case that they only live in clean hair, nor is it the case that only people with poor hygiene get them.

They live and thrive wherever there is a host. Following advice the school will no longer send out alert letters informing parents of head lice within class or school. Just like making your children brush their teeth, wash or comb their hair it is your responsibility to check your child's hair once a week, and deal with Head Lice as they occur.

What are Head Lice?

They are small wingless insects that grow from pinhead size to match head size, within 7 – 14 days.

Possible Symptoms

- Tiny bites that cause itching or scalp irritation. The itching occurs when the lice bite and suck blood from the scalp.
- Rash at the nape of the neck.
- Very small white egg sacks found on strands of hair.

PREVENTION and DETECTION

- Brush and comb daily preferably at night
- Wash hair as usual.
- Once a week apply a large amount of conditioner and leave in the hair.
- Detangle the hair with a normal comb.
- Check small sections of hair using a Head Lice Detection Comb, starting at the roots combing right down to the ends of the hair.
- After combing each section examine the comb for Lice and remove them from the comb.
- Once all the hair has been combed the conditioner can be thoroughly washed off.

TREATMENT

- **Insecticide Lotions** – always follow the manufacturers instructions
- Use two applications of insecticide, seven days apart.
- 2 to 3 days after final application of insecticide check hair thoroughly with a detection comb.
- **DO NOT** use insecticide lotions for the prevention as this encourages the development of Insecticide resistant Lice
- If adult lice are present seek further advice from the following areas:
 1. Your School Community Specialist Nurse
 2. Your Health Visitor.
 3. Your Local Pharmacist.
 4. Your Practice Nurse.

Head lice have been found in children in Year 3 since we returned in March 21. Please can you ensure that hair is tied back and remember it is your responsibility to:

PREVENT DETECT TREAT.

Yours sincerely

Mrs J A Randall
SBM