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Dear Parent/Carer

HEAD LICE

A case of head lice has been reported in your child's class or year group today. Please would you check your child's hair tonight and all other members of the family. Head lice and nits are very common in young children and their families. They are not caused by dirty hair and are picked up by head-to-head contact. The only way to be sure someone has head lice is by finding live lice. You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

How to get rid of head lice

- Treat head lice as soon as you spot them. You can treat head lice without seeing a GP.
- Check everyone you live with, or have close contact with, and start treating anyone who has head lice on the same day.
- There's no need to keep your child off school if they have head lice. You do not need to wash your laundry on a hot wash.
- Lice and nits can be removed by wet combing. You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits. There may be instructions on the pack, but usually you:
 - wash hair with ordinary shampoo
 - apply lots of conditioner (any conditioner will do) comb the whole head of hair, using the detection comb, from the roots to the ends
 - When you've finished combing the hair, comb through all the hair again for a second time
 - Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online. Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs. Some treatments need to be repeated after a week to kill any newly hatched lice. If lotions or sprays do not work, speak to a pharmacist about other treatments.

Contact Tracing

You should tell all family members, friends and the school – they all need to have their hair checked. This includes adults as well as children.

Remember, regular detection combing is the best way to keep head lice under control.

Yours faithfully,
Amanda Bradley
Head Teacher

Head Teacher:
Miss Amanda Bradley