



## **WE ARE AWARE OF A CASE OF HEADLICE WITHIN SCHOOL ...**

### **...PLEASE CHECK ALL THE FAMILY**

Anyone can get headlice although they are most common amongst children. The best known symptom is itching but this is not the best indication as many people may not itch at all.

To diagnose a case of head lice you need to find them alive. This is when you need to use a treatment. They move fast and they are small – so they can be very hard to find! Head lice range in size from the size of a full stop to the size of a sesame seed. Below are a few simple steps that will help you and your family.

#### **CHECK**

You should check your children's hair regularly, ideally once a week.

The best places to look for them are close to the scalp, behind the ears, the back of the neck, the top of the head and under the fringe.

Checking for headlice should be a normal part of your family hygiene. It is best to check for headlice using a metal nit comb, these are made for this purpose as the teeth are close together and will trap the lice. Combing through the hair when wet or after applying conditioner will make the process easier.

#### **TREAT**

If you find live lice, don't worry you can treat the lice at home. There are different types of treatment:

- Treatments available from the pharmacy and available on prescription from the GP. These need to be applied at least twice a week. It is essential to cover all of the hair and ensure that the treatment is left on for the time recommended on the pack instructions.
- Wet combing removes the lice and nits but does take time and patience to ensure it is done thoroughly. This needs to be done every other day for at least 2 weeks.

Please remember that if lice are found on one family member the whole family **MUST** be treated.

#### **COMPLETE**

Having treated the family there is one final step to complete the process.

Check your child's hair a couple of days after treatment to ensure there are no more live lice. If the pack instructions specify a second application please ensure this is done.

Continue to check your child's hair each week.

If you still find live lice after you finish the treatment either it has failed or you have a re-infestation and you will need to start the process again using a different treatment.

**If your child has headlice please tell the school, your friends and family straight away so that they too can check themselves.**