



Dear Parents,

HEAD LICE

Cases of children with head lice have been reported to the school in your child's grade.

This is an ongoing concern for both parents and children.

I ask parents to inspect their child's hair thoroughly, particularly in the areas behind the ears and at the base of the neck.

If any eggs or lice are found please commence treatment immediately.

Children cannot attend school until hair has been treated and is completely clear of either the nits or the lice eggs.

NOTE: PLEASE REFER TO THE FOLLOWING PAGE FOR FURTHER INFORMATION REGARDING HEAD LICE.

Thank you for your co-operation

Mr. Paul Devlin
Principal

HOW TO TREAT HEAD LICE

ABOUT HEAD LICE

Head lice are small, wingless, blood sucking insects.

Their colour varies from whitish-brown to reddish-brown.

People get head lice from direct hair to hair contact with another person who has head lice.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

FINDING HEAD LICE

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

Step 1

Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

Step 2

Comb sections of the hair with a fine tooth, head lice comb.

Step 3

Wipe the conditioner from the comb onto a paper towel or tissue.

Step 4

Look on the tissue and on the comb for lice and eggs.

Step 5

Repeat the combing for every part of the head at least 4 or 5 times

If lice or eggs are found, the child's hair should be treated.

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails

TREATING HEAD LICE

- There are a number of products available at the chemist
- Concentrate on the head - there is no evidence to suggest that you need to clean the house or classroom. Only the pillowcase requires specific laundering; either wash it in hot water or dry it using a clothes dryer on the hot or warm setting
- **No treatment kills all of the eggs** so treatment must involve two applications seven days apart.
- If you are using lotions, apply the product to dry hair.
- There is no need to treat the whole family, unless they also have head lice
- There is no product available that prevents head lice. Using the conditioner and comb method once a week will help you detect any head lice early and minimise the problem.
- Tying back long hair can help prevent the spread of head lice.
- Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be use.

Further Information on head lice can be found on the following websites

www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice