

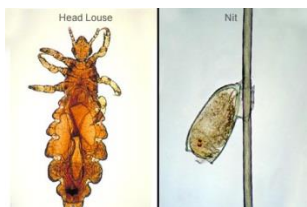
Clandon Church of England School

To all Parents/Carers

A case of head lice has been discovered in your child's class. Please check all children at home and provide treatment as necessary.



You can help protect your child from head lice by always tying back long hair for school, preferably in a plait or bun, and using tea tree oil or shampoo.



Lice love clean hair. Finding them in hair can be tricky as they vary in size and can be as small as a pinhead or as large as a match head. Lice move away rapidly when disturbed. Head infestation is very common so regular checks by parents is necessary to prevent it. When lice are detected in hair treatment must be carried out to get rid of them.

How to look for head lice:

Each child should be checked weekly at home. Comb through hair from the roots. Louse eggs (nits) are usually found behind the ears, in the nape of the neck and around the fringe area. Nits are similar in appearance to dandruff but they are small, hard and white. They cement themselves onto hair and cannot be easily removed. Initially nits are found close to the scalp but may spread further along hair as it grows. If you find no sign of lice or nits no treatment is necessary, but don't forget to check again in a week's time.



If you find lice or nits treat your child's hair immediately

- 1 Treat your child's hair immediately to remove nits and lice then continue treatment for 2 to 3 weeks until no further signs are seen. Your child does not need time off school during the treatment period.
- 2 Check the rest of the family and treat as necessary.
- 3 Inform the school.

Treatment of infested heads is essential:

Ordinary shampoos have no effect on lice apart from making them clean. Special louse treatments are available from pharmacies.

Shampoo and comb conditioner through your child's hair with a nit comb every 2 or 3 days for at least 3 weeks to break the eggs/nits/lice cycle.

Nit combs are available from pharmacies.

You can also talk to your pharmacist, health visitor or the school nurse for more advice.



Top tips for avoiding head lice:

- Always tie back long hair for school, preferably in a plait or bun.
- Brush and comb the hair thoroughly every night as injured lice don't survive.
- Inspect hair each week, preferably before shampooing.
- Use tea tree oil or shampoo on the hair. Lice hate it.
- Seek advice from the school nurse or health visitor if in doubt.
- Treat the whole family if one member is infected.
- Tell school friends and relatives to prevent the spread of infection.
- Don't regularly use insecticidal shampoos or lotions to prevent infestation. This can develop head lice which are immune to treatment. Conditioner and combing is very effective if done regularly (every 2 to 3 days for 3-4 weeks).