



7th March 2024

Headlice Alert

Dear Parents/Carers,

We have had a report of head lice in your child's year group.



Please check your own children's hair tonight and treat if necessary. If everyone does this then together, we can eradicate the problem. The most common places to find eggs are in the fringe, behind the ears and at the nape of the neck.

If your child has long hair, can you please make sure it is tied back as this does help to stop the head lice spreading.

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. You should check everyone in the house 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.

Wet combing

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, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair. 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. Check the pack to see if they're OK for you or your child and how to use them. If lotions or sprays do not work, speak to a pharmacist about other treatments.

You cannot prevent head lice

There's nothing you can do to prevent head lice.

The most effective preventative measure is to brush your child's hair thoroughly morning and night and to check for headlice and eggs whilst doing so. Combing wet hair is more effective as the lice stay still when wet.

Thank you for your co-operation.

Yours sincerely,

Mrs V Griffiths
Head Teacher