



St Godric's RC VA Primary School

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We love, value and respect each other.

4 October 2016

Dear Parents

Preventing and treating head lice

Head lice outbreaks happen on occasions in both our Junior School and Senior School. Please see below the current best practice guidelines for managing head lice based on the latest clinical evidence. In order effectively to treat and eradicate this common and frustrating problem, please could you familiarise yourself with the advice below and treat your child accordingly.

Head Lice

Adult head lice (*Pediculus humanus capitis*) are quick moving, flesh coloured insects about one millimetre in length, which darken after feeding. They can only be caught by direct, still and prolonged head to head contact. Contact is likely to be from other household contacts or "best friends" rather than casual social contacts. Lice cannot swim, fly, hop or jump and can be found on all types of hair, both clean and dirty. It is not recommended that school staff or health professional check for head lice, as they quickly move from one area to another.

Preventative measures

- Good hair care, including frequent washing and brushing is encouraged
- Girls with long hair should tie their back in school

Check

- Your child's hair once a week, when the hair is wet
- Use a proper detection comb – with teeth no more than 0.3mm apart to trap head lice
- Start at the top of the head, take a small section of hair and comb from the hair root to the end
- Check for lice after each stroke, removing any lice found before coming again
- Conditioner can be applied to help the combing process
- If you find live lice, consult a pharmacist for treatment advice
- If head lice are spotted, take a close look at all the family, including yourself, and ask close family and friends to check as well

Treat

- Only treat if live lice are identified
- Preparation lotions have shown to be the most effective method of treatment, such as Hedrin 4% treatments, or products containing Dimeticone
- Follow the instructions carefully. Leave the treatment on for the recommended time for the maximum effect – leaving it on for longer will not make it more effective

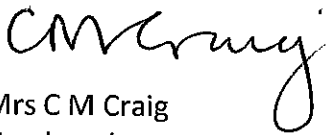


- In addition to lotion application use a metal detection comb to remove head lice and nit cases
- Complete**
- Check that all head lice have gone within 2-3 days of the final application to complete the treatment
 - A course of treatment for head lice should always be 2 applications of the product at least 7 days apart to prevent lice emerging from the eggs that survive the first application
 - Continue to check for head lice on a regular basis. Eggs can hatch up to 2 weeks after first treatment

For further information visit www.checktreatcomplete.com

Please keep this information for future reference. Please do not hesitate to contact school if you require any further information. Thank you for your continued support.

Yours sincerely



Mrs C M Craig
Headteacher

