

A guide for Parents

HEAD LICE



THE FACTS

Dealing with head lice is an extremely sensitive issue. Head lice and nits are very common in young children. The information provided in this guide aims to inform parents about the issue and offers advice about how infections can be kept in check.

DETECTION

Head lice can't be prevented but regular checking ensures early detection and treatment if necessary. Parents and carers should aim to check their children's hair once a week during washing.

Head lice sometimes can make your head feel:

- Itchy
- Like something is moving in your hair

You will need:

- Plastic detection comb (from the chemist)
 - Usual shampoo and conditioner
 - Good lighting
 - Ordinary comb
1. Wash hair with your usual shampoo, applying lots of conditioner.
 2. Make sure that there is good light.
 3. Comb the damp hair with an ordinary comb to untangle and straighten.
 4. Section the hair and comb with the detection comb from the root to the end. Comb one section at a time, paying particular attention to the back of the neck and the area around the ears.
 5. Look carefully at the teeth of the comb to check for any live lice between strokes and remove these.
 6. Do this for several minutes. It may take up to 15 minutes to do this properly.
 7. When the whole head of hair has been combed through and checked, rinse off the conditioner.

Check all family members at the same time and arrange treatment if lice are found.

A copy of this guide can be found on our website at:

stjohns-eagle.com

If you have any questions relating to head lice or would like further support please contact the office on:

t: 01922 476695



St Johns Primary Academy is part of Future Generation Trust

Hobnock Road, Essington, Wolverhampton, WV11 2RF

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TREATMENT

Treat head lice as soon as you spot them. You should check everyone in the house and treat them on the same day if they have head lice.

- Only treat those with living moving lice. Head lice may become resistant to lotions if they are used too often.
- You can use medicated lotions and sprays that kill head lice in all types of hair. You can buy these from pharmacies, supermarkets or online.
- Head lice should die within a day. 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 whether they are suitable for you or your child to use and how long they should be left in the hair.
- If lotions or sprays don't work, speak to your pharmacist about other treatment.

Some treatments aren't recommended because they're unlikely to work, these include:

- Products containing permethrin
- Head lice "repellents"
- Electric combs for head lice
- Tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies



SCHOOL PROCEDURES

The issue of head lice is dealt with in a number of ways

- **The Health Authority does not carry out regular head checks in any school.**
- **The Academy/ Health Authority do not support alert letters as these are considered to be unhelpful and can cause an outbreak or 'imaginary' lice.**
- **If a member of staff notices a living louse on a pupil's hair then the parent is informed verbally of this fact and asked to treat their child.**
- **Pupils who are infected can not be excluded from school.**

THE FACTS

- Head lice are small, six-legged wingless insects that live on the hair close to the scalp where it is warm and easy for them to feed.
- Head lice are pin head size when they hatch, less than match head size when fully grown and difficult to see in the hair.
- Nits are not the same as lice. They are the egg cases laid by the lice. You may have nits after you have got rid of the lice. They stay until they grow out or are physically removed.
- Head lice are easily missed in dry hair and do not necessarily cause itching. There are often only 10 lice or less a head.
- Head lice can't fly or jump. They only transfer from head to head through direct contact.
- Head lice are not fussy about hair length or condition – clean hair is no protection.
- Head lice are not harmful.
- Head louse infection is common. Anyone with hair can get them, but children who put their heads together a lot tend to get them more often.



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