



Crown Wood Primary School & Nursery

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Dear Parents & Carers,

Head Lice

I am writing to inform you that there is a head lice problem in your child's class. It is most important that you carefully check your child's hair tonight and treat it immediately if necessary.

We can get rid of head lice with your help BUT only if everybody checks and treats together at the same time. Below is some information about the treatment of head lice from the NHS website.

Thank you.

Yours faithfully,

Kath Ralley
Interim Headteacher

Treatments to get rid of head lice:

Everyone with head lice in your household should be treated on the same day.

Lotions and sprays

There are several different products that can be applied to the scalp and hair to kill head lice, including:

- dimeticone 4% lotion or lotion spray – applied and left for 8 hours (usually overnight)
- dimeticone 4% spray gel – applied and left for 15 minutes
- mineral oil and dimeticone spray – applied and left for 15 minutes
- isopropyl myristate and cyclomethicone solution – applied and left for 5-10 minutes

Some treatments need to be done twice – seven days apart – to make sure any newly-hatched lice are killed.

Your pharmacist can recommend a suitable treatment and advice you how to use it correctly if necessary.

Wet combing

Wet combing involves removing head lice with a special fine-toothed comb. It's suitable for everyone and is relatively inexpensive. A number of lice removal combs are available to buy. Combs with flat-faced teeth spaced 0.2-0.3mm apart are the best for removing head lice, although combs with smaller gaps can be used to remove eggs and nits (egg cases) after treatment. The comb may come with instructions outlining how to use it. A commonly used method is described below:

- Wash the hair with ordinary shampoo and apply plenty of conditioner.
- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair with dragging, switch to the louse detection comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time removing lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas, until no more lice are found.

Repeat this procedure on days five, nine and 13. Detection combing should be done on day 17, to check for any live head lice.