



Dear Parents,

Now that the girls have been back together for a number of weeks there is an increased possibility that they may have picked up head lice. As you are aware it is vitally important that you check your children's hair regularly for evidence of lice. Due to the lengthy process involved it is not possible to do it at school. Please check your child's hair tonight using the detection process outlined below.

The 5-Step Detection Process:

1. Wash the hair well and towel dry. It should be damp, but not dripping wet. A conditioner can be applied and left in to ease combing.
2. Comb the hair with an ordinary comb to remove the tangles.
3. Using a plastic detection comb (nit comb), start with the teeth of the comb touching the skin of the scalp at the top of the head. Comb slowly towards the end of the hair, keeping the teeth of the comb in contact with the scalp for as long as possible. Look carefully at the teeth of the comb in good light. Wiping the comb on a tissue will help to see if any lice have been removed.
4. Repeat this process for 10-15 minutes, covering the scalp and hair in all directions.
5. Keep checking the comb. If there are head lice, you will find one or more lice on the teeth of the comb or on the tissue.

If you find evidence of live lice, then treatment would be indicated. This can be obtained at any pharmacy and there are numerous preparations available. Hedrin is a non toxic, odourless, silicon based treatment that has proved to be very effective. Please ensure you follow the instructions of any treatments very carefully.

If I can be of further assistance please call me on 01845 575045

Further information can be obtained from:

www.headliceadvice.net

www.nittygritty.co.uk (excellent combs available for £10.99)

www.nhsdirect.nhs.uk

www.hedrin.co.uk

Yours sincerely,

Sharon Beaumont,
School Nurse.