

# SEND HEADLICE PACKING!

## ANYONE WITH HAIR CAN CATCH HEADLICE! THEY'RE AS EASY TO CATCH AS A COLD

Catching them could be a sign that you have a friendly child! They are spread by head to head contact - they can't jump, fly or even walk on a flat surface. They don't live long if they're not on someone's head. Once a female louse finds a new head, it won't be long before she lays eggs and starts a family.... then an empire!

### WHAT CAN YOU DO?

- Brush or comb your child's hair thoroughly every day.
- **CHECK YOUR CHILD'S HAIR EVERY WEEK** so you don't give the lice time to breed. Look behind the ears and around the back of the neck for nits (the tiny, whitish eggs) sticking to the hairs close to the scalp, and lice (brownish/grey insects about the size of a sesame seed).
- If you find any, **TREAT STRAIGHT AWAY** and **check everyone in the family**.
- Tell your child's teacher or playgroup leader and neighbours and friends and ask them to check their children too.

### THERE'S NO SHAME IN CATCHING HEADLICE BUT IT'S NOT FAIR TO SPREAD THEM ONCE YOU KNOW THEY'RE THERE!

### TREATMENT

There are many products on the market but headlice rapidly become resistant to insecticides so they won't always work. The **WET COMBING** method is tried and tested. For it to work you do need to do it thoroughly and follow it through for 2 weeks.

- **Wash the hair normally.**
- **Using LOTS of conditioner on very wet hair, comb the hair, right from the roots, a small section at a time with a fine-tooth comb (available at chemists).**
- **Clear the comb of lice between each stroke**
- **Repeat every 3 or 4 days for 2 weeks so that any hatchlings are removed before they grow up and lay eggs.**



# Oh no.... not again!

Unfortunately, at least one child in your child's class has been in school with headlice recently.

Please can you check your child's hair thoroughly for any signs of lice or their eggs?

You can get a free nit comb at participating chemists by completing an NHS Minor Ailments form. Silvermans chemist round the corner on the Wells Road is part of this scheme.

If we all work together we can stop the spread of these irritating pests. Success depends on everyone checking frequently and acting immediately if lice are discovered.

If you find lice in your child's hair please remove all live lice as soon as possible to avoid passing them on to others. (Remember, whatever method you use will not kill eggs. You will need to do follow up treatment to catch any newly hatched lice.)

**School staff will not check children for headlice but occasionally we are the first to notice signs of life in a child's hair. In this case we will telephone you to let you know.**

This will always be handled sensitively but the more matter-of-fact we all are about this annoying problem the less worried or embarrassed children will be.

Generally, children just regard headlice as an irritating fact of life.