



Dear Parents / Carers,

Recently in school we have had a few cases of head lice. As a school there is very little we can do as we rely on parents to treat their children and to monitor hair conditions regularly. However I thought it might be helpful to share some advice from the NHS website on how to treat head lice effectively.

Head lice and nits are very common in young children. They like clean hair and are usually picked up from head to head contact. Head lice should be treated as soon as possible. Whilst they generally like young hair it is advisable to check everyone in the house and treat them on the same day.

How to treat head lice

Wet Combing

This is the first treatment to try. Ideally on wet and conditioned hair, use the special combs available from the pharmacist, comb the hair from the root to the ends. Check the comb regularly and remove any head lice or eggs.

Repeat every few days for 2 weeks.



Medicated lotions and sprays

Please seek advice from the pharmacist who will be able to recommend a product. You can also buy these from the supermarket or online.

Depending on the treatment some advice is to repeat the process to check all head lice and eggs have died. Head lice should die within one day.

Always check the label on the treatment carefully to see if they are suitable to use on your child and seek advice where unsure.

Additional steps to take

To reduce the risk of your child picking up head lice please think about taking the following steps.

1. Always tie up long hair for school, ideally in plaits or ponytails.
2. Check hair regularly and always if school sends out a warning letter. Ideally check hair every time you wash and brush your child's hair.
3. Though guidelines state that bedding and soft toys do not need to be washed it won't do any harm to complete this as it may help reduce the risk of catching head lice again.



Support for treatments

There is a Minor Ailment Scheme which enables a pharmacist to diagnose and treat minor ailments for free. If you are exempt from NHS charges (aged under 16, over 60 or anyone who has a prescription prepayment certificate) you may be able to get free head lice treatment. Please speak to your local pharmacist if you think this may be applicable to you.

If you would like to read more about head lice please visit <https://www.nhs.uk/conditions/head-lice-and-nits/>

You do not need to keep your child off school if they have head lice though school will contact you if they think that your child is becoming upset or uncomfortable. Obviously we want to reduce the amount of time any child has away from school but it may be necessary for us to ask you to collect your child to help protect other children within the classroom environment and to reduce the risk of further children catching head lice. If you do find head lice in your child's hair please treat them overnight or first thing in the morning before sending them to school to avoid further distress to other children and families.

I hope this information is useful. Please speak to your child's class teacher or any of the school staff should you require further information.

Kind regards

Mrs Dainty