

Head lice

Dear Parents and Carers,

There have been a few cases of head lice discovered in your child's class. Please could you carefully check your child's hair today.

Head lice causes constant itching which seriously affects children's ability to concentrate in school.

Head lice can be treated quickly and easily. If you think your child has head lice, please visit your local Pharmacy who can advise you on which treatment to use.

You can find more information attached to this letter or at this website
<https://media.gosh.nhs.uk/documents/Lice.pdf>

Many thanks for your continued support.

Kind regards

Norma Marshall



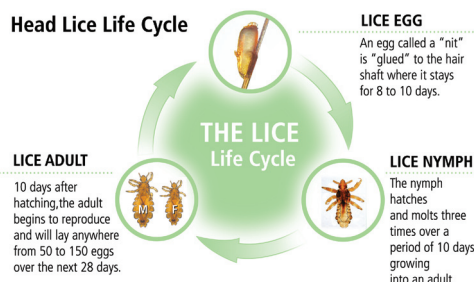
Head Lice: Know the Facts

They're itchy and annoying, and you may find yourself going head-to-head with these bothersome insects during the elementary school years. The professionals at LiceMD, together with curriculum specialists Young Minds Inspired, have teamed up to provide this handy head lice reference to help you understand how children get head lice and how to treat them.

The Basics:

- Head lice are parasitic insects that live solely on the scalp hair of human beings, usually on children 10 and under.
- Like all insects, head lice develop in stages from egg (nit) to nymph (smaller version of an adult) to louse (fully grown).
- Head lice can reproduce rapidly and should be treated immediately with special treatment products such as **LiceMD** that can be purchased at your local drugstore.

Head Lice Life Cycle



What To Do:

Step 1 - INSPECT

Carefully inspect the child's head. Have the child sit in a chair under good light from a window or lamp. Part the hair in many places with fingers or a standard comb so that you can see the base of the hairs as you inspect for nits and lice. A magnifying lens is also helpful.

STEP 2 - IDENTIFY

Remember that not all insects found on the hair are head lice. If a moving insect is found, it should be captured and affixed by clear tape to a sheet of white paper for later examination and identification.

Use the pictures below to help identify lice.



Nits

- colorless, or with white or tan tints
- about the size of a poppy seed
- located close to the scalp



Louse

- darker in color than nits
- about the size of a sesame seed
- can be found crawling anywhere within the hair

STEP 3 - TREAT

LiceMD offers two head lice treatment products. Both guarantee fast, easy, and effective lice elimination. Both products eliminate lice in 10 minutes.

LiceMD® Complete Kit comes with everything you need to kill lice and eliminate 100% of their eggs. It comes with a pediculicide treatment gel

containing pyrethrins that kills lice within 10 minutes. It also includes a comb for the mechanical removal of head lice and lice eggs.



LiceMD® Pesticide Free offers an alternative to pesticide lice treatments. It is a non-pesticidal, non-medicated product containing a gel that lubricates the hair and a comb to facilitate removal of nits and lice. It is fragrance free, clear, and non-irritating to the skin.



Head Lice Myths

Myth: Head lice fly and jump from head to head.

Fact: Nymphs and adult lice cannot jump. They also cannot fly as they do not have wings. Nits cannot move at all and are not transmissible.

Myth: Kids get lice from sharing a comb or brush at school.

Fact: Lice are almost always spread through direct head-to-head contact from someone who has lice. This includes contact such as sharing a bed or playing together. Louse eggs (nits) cannot move and are not transmissible. Head lice are rarely transferred or transmitted on a shared comb, brush,

hat, headphone, helmet, jacket, coat hook, or in cubbies or storage lockers. Head lice do not live on pets.

Myth: Only children who do not bathe regularly or live in unclean homes get head lice.

Fact: Anyone can get head lice, no matter how clean their hair or home.

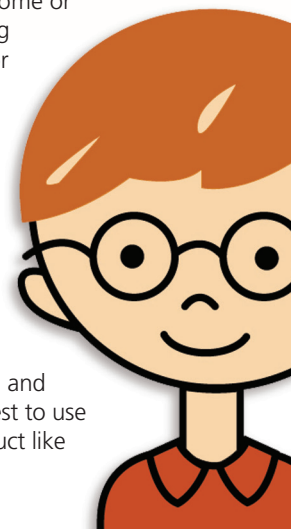
Myth: Head lice can live for days on end.

Fact: Head lice live for about three weeks. Head lice that fall off a person quickly starve and usually die within a few hours, so head lice that fall on a desk, floor, or coat at school will not be alive the next day. Clothing, stuffed animals, theater seats, and other items are not threats to spread

head lice. Cleaning the home or bagging toys and clothing won't help you prevent or get rid of head lice.

Myth: I can treat head lice with a home remedy.

Fact: Home remedies ranging from mayonnaise to kerosene to house and garden pesticides can be ineffective, dangerous, and potentially harmful. It's best to use an over-the-counter product like LiceMD Complete Kit or Pesticide Free.



For information on how to prevent, check for, and treat head lice, go to www.LiceMD.com

Head lice

What are head lice?

Head lice are small, flat insects that live and lay eggs on the human scalp. They are sometimes called nits, kutis, kutu bugs, utu or riha. They live on the hair and feed by sucking blood from the scalp. They are pale grey (before feeding) and reddish brown (after feeding). They can look like grains of sand or dandruff. Head lice do not carry or pass on disease.

Who can get head lice?

Anyone can get head lice. They are a common problem and cause concern and frustration for parents and children. Catching head lice has nothing to do with poor hygiene.

How do people get head lice?

People get head lice from head to head contact with someone who already has head lice. This can easily happen when children play or sleep together and their heads touch. Head lice can only crawl from hair to hair. They can't fly or jump from head to head. Head lice only survive on humans. They die quickly when they are not on the head, usually within 24 hours.

How do I check for and treat head lice?

Head lice can live all over the head but particularly like warm places behind the ears, around the bottom of the hair line, and on top of the head. Treatment of head lice is usually by physical methods (wet combing) or chemical/herbal treatments. You don't need to buy expensive products to get rid of head lice. You can buy a fine-tooth head lice comb from your pharmacy. See instructions on the following page. If you choose to use a chemical or herbal treatment, speak to your pharmacist, doctor or nurse for advice about what treatment to use and how to use it. Never use fly spray, kerosene or treatments intended for animals – these may harm children and adults.

If you find live head lice or eggs on your child's scalp, use the wet comb method to get rid of as many nits as soon as you can. Remember to check everyone in the house for nits as well. Use the wet comb method every day on everyone who has nits. You can stop once you find no lice or eggs for 3 days in a row. Check the hair of everyone in the house twice a week for the next 2 weeks to make sure everyone stays clear.

Check for lice and eggs whenever you are brushing your child's hair or any time they are scratching their head.

Head lice - checking and treating with wet comb & conditioner

Wet combing with conditioner and a fine tooth nit comb (without using chemicals) is an effective way to find and remove head lice, if done properly.

It can take up to an hour to remove all live lice and eggs. It depends how thick and long the hair is.



- Make your child comfortable and let them read their favourite book or watch their favourite programme or movie.
- Comb or brush out knots with an ordinary comb. Put lots of conditioner through wet or dry hair.
- Start at the scalp and go all the way down to the hair ends.



- Comb conditioner through hair, using an ordinary comb.



- Change to a fine-tooth head lice comb and comb sections of your child's hair.



- Comb from the roots to the ends of the hair.



- After each comb, wipe the conditioner on to a paper towel or tissue.
- Check the tissue or paper towel for lice and eggs. They're small so look closely!



- Comb every part of the head, section by section. Comb each section at least 4 or 5 times before moving on to the next section.
- Rinse out conditioner.
- If you find lice or eggs, repeat these steps every day until you find no lice for 3 days in a row.
- Check the hair of everyone in the house twice a week for the next 2 weeks to make sure everyone stays clear.