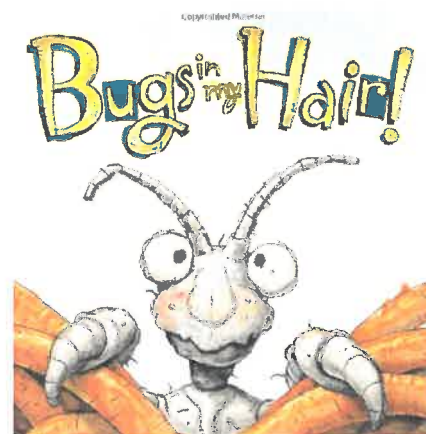




Parent,

Today I was asked to touch base with you in regards to the head lice in the children's hair. We often receive reports of head lice a few weeks after the school year has begun and assume that the child has gotten lice from school. We are hoping that with this notice, parents will take some time to screen their children before they return back to school with the goal of early detection and treatment. As a reminder, many times the nurse is not notified of head lice, therefore, it is important to be vigilant at all times and not rely on a 'high alert' letter from the classroom. Head checks should be part of your child's routine hygiene regime.

Steps to get rid of head lice

Step 1: Apply plenty of hair conditioner (generic 'home' brands are fine) to dry hair until all hair is covered. The conditioner slows the head lice down so they can be trapped in the comb. Comb the conditioner through the hair with an ordinary comb or brush.

Step 2: Separate the hair into sections. Gently comb each section one at a time with a metal fine tooth 'nit comb' (available from most chemists) in four directions – forwards, backwards, left and right.

Step 3: After brushing through each section, wipe the conditioner from the comb onto a white paper towel and check towel for dark adult lice and paler hatchlings. You may need to use a magnifying glass and a strong light, such as sunlight, to see the lice, hatchlings and eggs. Continue combing and checking each section until all the hair has been checked.

Step 4: When you have finished, rinse the conditioner out and dry the hair. It is a good idea to distract children while you check for head lice by offering them a favourite video, game or book.

The 10-day hair conditioner and comb method

This method is based on the **four steps** and is repeated every other day over a 10 day period. This method focuses on removing adult head lice from hair and breaking the egg-laying cycle. Eggs hatch 7 to 10 days after being laid. If you only do this method once and one or two adult head lice are missed, and the cycle of outbreaks will continue. By repeating the method over a 10 day period you increase the chance of removing all head lice until no eggs are left. Remember – after **Step 3**, you may need to use your fingernails to remove any eggs that were missed during combing.

I am happy to assist you with the head lice and I'm at the school every second Thursday if you would like to talk further about this.

Kind Regards,

Sallyann Lees

School Nurse/ Dunalley Primary School

