

Dear Parents and Friends of Castle Hill,

HEAD LICE



We have had at least one case of head lice reported in the school. These are small insects that can live on the scalp. Please could we ask that you check your child's hair regularly and if you see any nits or head lice, treat accordingly.

Here is a guide from the NHS website to inform and assist;

Treat head lice as soon as you spot them You can treat head lice without seeing a GP.
You should check everyone in the house and start treating anyone who has head lice on the same day.
There is no need to keep your child off school if they have head lice.

Wet Combing

Lice and nits can be removed by wet combing.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits. There may be instructions on the pack but usually you:

- Wash hair with ordinary shampoo
- Apply lots of conditioner (any conditioner will do)
- Comb the whole head of hair from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medication Lotions and Sprays

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs. Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're okay for you or your child and how to use them.

If lotions or sprays do not work, speak to a pharmacist about other treatments.

Some treatments are not recommended because they're unlikely to work:

- Products containing permethrin
- Head lice "repellents"
- Electric combs for head lice
- Tree and plant oil treatments, such as a tea tree oil, eucalyptus oil and lavender oil herbal remedies

Yours sincerely

The Castle Hill Team