



# Sacred Heart R.C. Primary School



Hart Lane, Hartlepool, TS26 8NL  
Telephone: 01429 272684  
E-mail: [admin@hpoolsacredheart.org.uk](mailto:admin@hpoolsacredheart.org.uk)  
Website: [www.sacredhearthartlepool.co.uk](http://www.sacredhearthartlepool.co.uk)  
Twitter: @SHPS\_Hartlepool  
Headteacher: Mrs A. Howell

## HEAD LICE

It is advisable to check your child/children's hair and also the hair of all close contacts. It is most important to let us know if your child is affected. Below are the guidelines from the Health Authority on the treatment of head lice.

### Wet combing detection and prevention

#### You need:

- ◆ Warm water
- ◆ Towels
- ◆ Plastic Detection Comb (from the chemist)
- ◆ Good Lighting
- ◆ Ordinary Comb
- ◆ Conditioner

- Wash hair in the normal way with ordinary shampoo.
- Whilst the hair is very wet, apply lots of ordinary conditioner.
- Comb through to remove tangles with an ordinary comb and divide the hair into small sections with not too much hair in each section.
- Make sure there is good light. Daylight is best. Carry out wet combing even if only artificial light is available.
- Start with the teeth of the detection comb next to the scalp at the top of the head and draw the comb gently and carefully towards the edge of the hair.
- Look carefully at the teeth of the comb in good light. Repeat this over and over again from the top of the head to the ends of the hair in all directions, working round the head. Do this for several minutes. It takes some time to do it properly for each head.
- If there are head lice, you will find one or more lice on the teeth of the comb.
- You will need to wipe off the excess conditioner on the comb with tissue paper and look for lice in it.
- Clean the comb under the tap. A nail brush will help to do this.
- Head lice are little insects with moving legs. They are often not much bigger than a pin head, but may be as big as a sesame seed (the seeds on burger buns).
- If you find something and are not sure what it is, stick it on a piece of paper with sellotape and show it to your practice nurse, school nurse, health visitor or family doctor. Sometimes there can be other things in the hair, fluff, skin flakes, grass seeds that are not lice. Lice move!

### If you do find lice

To treat effectively you will need to do this every 3 to 4 days for 14 days. This will ensure that any lice hatching out of eggs are mechanically removed and do not live to maturity and breed.

If you need help and advice, ask your local chemist, health visitor, school nurse or family doctor.

Do not use head lice lotions unless you are sure you have found a living louse.