



28/09/18

Dear Parent / Guardian,

HEAD LICE

It has come to our attention that some pupils at the school have head lice.

This is a common problem in all schools but together we can lessen the problem by following the instructions below **weekly**:

- Wash the hair well and towel dry until damp but not dripping.
- Ensure there is good lighting - daylight is best.
- Comb the hair with an ordinary comb.
- Using a detector comb, begin at the top of the head and making sure that the comb is touching the scalp, draw the comb towards the end of the hair slowly. The use of hair conditioner may ease the process.
- Check the teeth of the comb carefully for lice after each stroke.
- Repeat steps working your way around the head from the top of the scalp to the ends of the hair.
- If there is headlice, you will find one or more in the teeth of the comb.
- If you find any lice, ask your pharmacist which headlice treatment to use.
- If one member of the family has lice, check the rest of the family including the adults.

If your child's hair is long enough to tie back we ask that this is done - to prevent the headlice walking from one head to another.

The attached leaflet by the Welsh Government contains further information with regard to detection and prevention.

Thank you in advance for your kind co-operation.

Yours faithfully,

A handwritten signature in black ink that reads 'Rhian Morgan Ellis'.

Miss R M Ellis
Head



Llywodraeth Cymru
Welsh Government

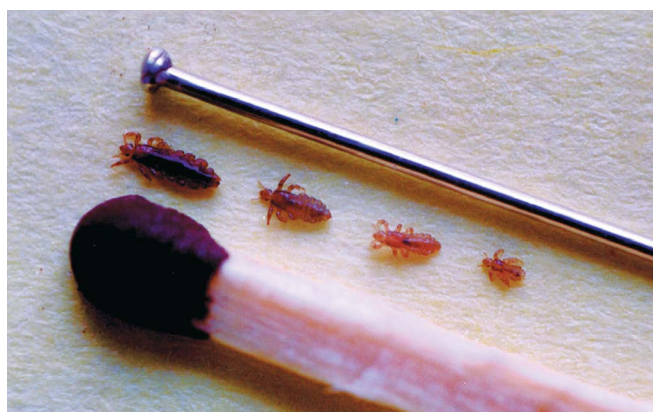
Head lice

Fact sheet

www.cymru.gov.uk

What are head lice?

- Head lice are small insects (no larger than a sesame seed when fully grown) with moving legs. They live very close to the scalp.
- Nits are not the same as lice. They are the egg cases which stick to the hair, and look like specks of dandruff.
- You only have head lice if you find a moving louse (not a nit). Your head does not have to be itchy to have head lice.



How do you get head lice?

- Because of children's play activity and close contact, head lice are usually found on children, but can also spread to adults.
- Head lice are caught from close family and friends in the home and community, as well as at school.
- Head lice live in all types of hair – dirty or clean, short or long.
- Head lice walk from one head to another, when heads are close together – they do not fly, jump or swim.

How can you prevent head lice?

- Regular brushing and combing of the hair will help to spot lice early.
- The best way to stop the spread of head lice is for families to check their heads by regular wet combing using detector comb.
- Human head lice are not found on animals or household pets and are not transmitted from pets to humans.



How do you treat head lice?

Do not treat unless you are sure you have found a moving louse.

1. Check and treat all infected members of the family.
2. Ask your GP or Pharmacist which head lice treatment to use. Creme rinses and shampoos are not thought effective and are therefore not recommended. The Pharmacist can advise on any evidence of resistance to treatment and therefore the most appropriate treatment to purchase. Also, the Pharmacist can advise on treatments suitable for people with asthma and other respiratory conditions.
3. Always read and follow the instructions in the treatment pack.
4. Apply the treatment carefully.



Where can you go for further help and advice?

Contact the Pharmacist, Health Protection Nurse, School Health Nurse or GP.

Further information can be found at:

<http://wales.gov.uk/topics/health/protection/communicabledisease/publications/headlice/?lang=en>