



Rydon Primary School

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If there is a case of headlice in your child's class, we will put this letter in their bookbag.

Dear Parents,

Headlice Information

There has been a case of headlice in your child's year group and I would be very grateful if you could check your child's and other members of your family's hair tonight.

This is an ever-increasing problem which all parents are aware of. Headlice are small wingless insects about the size of a grain of rice when fully grown. Finding live lice in the hair indicates a headlice infection. You can only catch headlice by having close (head to head) contact with someone who already has them. The eggs are very small and shiny and are found close to the scalp, cemented onto the hair. Nits are empty egg cases. A louse takes 10 days to become fully grown. Headlice do not jump, fly or swim, but walk quickly from head to head on hair.

The NHS suggest the following treatment:

1. Wash hair in the normal way, or wet completely.
2. Massage a generous amount of hair conditioner into the scalp and hair.
3. With the conditioner still in, comb the hair to get rid of tangles.
4. Using a "nit" comb, comb the hair section by section from the roots to the end.
5. Any lice found on the comb should be removed.
6. After combing the whole head, the conditioner should then be rinsed off.
7. Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice.
8. Check again that everyone's hair is free of lice on day 17.
9. Head lice should die within a day.
10. Ask your pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice.

There is more information on the NHS website:

<https://www.nhs.uk/conditions/head-lice-and-nits/>

May I take this opportunity to thank you for your co-operation.

Yours sincerely,

Catherine Willcocks
HEADTEACHER

