

February 2018

Dear Parent/Guardian

### RE: Year 7 - Head Lice

We have had several recent cases of head lice and nits in the school this term in year 7. Please could you check your daughter's hair on wet, conditioned hair, using a plastic detection comb.

If you find signs of infection, that is live lice, please treat their hair immediately. There are two options to deal with the problem: the wet combing method and using lotions.

To prevent further outbreaks, please follow up after 1 week to ensure that your daughter's hair is lice free.

#### Treatment

##### Wet combing method

- Wash hair in the normal way with ordinary shampoo.
- Massage a generous amount of conditioner into the hair
- Comb hair to get rid of any tangles
- Use a nit comb to comb through the hair in sections
- Comb from the roots, ensuring that the comb touches the scalp to hair end
- Any lice found should be removed after each stroke of the comb by wiping the comb on a clean tissue
- Finish combing and rinse hair
- Dry hair in the normal way

It is important to repeat the wet combing method twice a week, as head lice are able to breed once they are a week old. Head lice can live for 40 days and will lay up to eight eggs per night.

##### Using lotions

Several lotions are available from any chemist including rapid treatment options that treat the hair in just 30 minutes or less. Please follow the instructions on the leaflet.

If you require any further information, please view the following website [www.nhs.uk/conditions/head-lice](http://www.nhs.uk/conditions/head-lice)

There is no requirement for your daughter to stay off school, her hair just needs to be treated in the evening. If you have any concerns please contact student support.

Yours sincerely



Melissa Barber  
Student Support Manager