Dear Parent/Carer

The school has been advised by several parents that nits/head lice have been present in their child’s hair.

Please check your child’s hair for nits/lice tonight. If you find any eggs or lice please commence treatment as recommended (attached).

**Time from infestation to eggs hatching:** Usually 7-10 days

**Symptoms:** Itchy scalp, white specks near the base of the hairs, lice may be found on the scalp.

**How can I prevent spread?** Family, friends and classroom contacts should be examined and treated if infested. Clothing and bedding should be washed in hot water.

**Tips for parents in reducing the spread of head lice**
As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- regularly check your children’s hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

I appreciate your assistance in this regard.

Yours sincerely

*Trish Reilly*

Principal
Removing head lice and nits

You'll need:

- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

Steps:

1. **Sit your child on a chair or stool** in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)

2. **Apply a cheap, pale coloured conditioner** generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.

3. Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.

4. **After you've applied the conditioner**, use a **large comb to part small sections of the hair**, starting from the nape and working upwards toward the crown.

5. **When the hair is detangled and manageable**, use a **fine lice comb and run through each section several times**. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.

6. **After each comb out**, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)

7. **Keep combing each section** of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.

8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.

9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.

10. **Repeat at least twice over the next few days**, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).