

Dear Parents and Caregivers

Attached, is an information sheet regarding head lice. Head lice have appeared in our classroom.

As a precaution, we recommend that you check your child to see if they have contracted the condition.

The Public Health Nurse has asked us to stress the following three steps to follow:

1. Don't just wait for an outbreak – maintain weekly checks.
2. Good hair brushing is important.
3. Wet combing (see attached information sheet) if head lice are detected.

Please contact Catherine Dowle (Public Health Nurse) on 311 8664 or the school office for more information.

CLASS TEACHER



GIVE HEAD LICE THE BRUSH OFF

7 Easy Steps to Reduce the Head Lice Problem

1. Use a good clean grooming hairbrush.
2. Drop chin down on your chest.
3. Brush firmly up and over from the nape of your neck.
4. Then brush behind the ears right through to the top of your head.
5. Repeat from the other side.
6. Clean hair brushes and combs by soaking in hot water for 10 minutes every week.
7. Keep long hair tied back and check for head lice weekly.

ADVANTAGES OF HAIR BRUSHING

- ✓ Stimulates the scalp.
- ✓ Regulates the oil glands.
- ✓ Removes dead hair.
- ✓ Improves appearance – you look good – your hair shines.
- ✓ May damage head lice and prevent them from reproducing.

"WET COMBING" Method of Head Lice Treatment

NOTE: This method will break the head lice/kutu cycle and will only work if instructions are followed carefully for three weeks. Continue until no evidence of live lice/kutu is found.

USE THIS METHOD EVERY THIRD DAY

1. Wash hair with shampoo (some people use soap) and rinse.
2. Apply plenty of conditioner, do NOT rinse out, leave hair wet, lice/kutu are less able to move in wet hair. (Do not towel dry hair, however a towel over the shoulders may be more comfortable).
3. Use a clean hairbrush or broad toothed/rake (grooming) comb to remove tangles. (Hair brushes and combs can be treated by soaking in HOT water (55°C) for 10 minutes every time they are used while head lice are present).
4. Divide hair into sections and fasten off the hair that is not being worked on at this time (as hairdressers do).
5. For the next 20 minutes, work systematically through each section of hair using a fine-toothed comb. Starting with the teeth of the comb touching the scalp at the hair roots, slowly slide the comb through to the end of the hair.
6. Clean comb on a tissue, paper towel, cloth or rinse in running water to remove any lice/kutu, nits/eggs or skin flakes.
7. Repeat till all sections have been fine-tooth combed.
8. Rinse conditioner off hair then dry in usual way.



Continue daily hair brushing both night and morning. Check for head lice weekly.

NIT CHECK LIST

1. Wash hair, apply conditioner.
2. Comb with fine-toothed comb.
3. Repeat procedure every third day for three weeks.

MONDAY	A		
WEDNESDAY	A	FINISHED WEEK 1	A
SATURDAY	A		
MONDAY	A		
WEDNESDAY	A	FINISHED WEEK 2	A
SATURDAY	A		
MONDAY	A		
WEDNESDAY	δ	FINISHED WEEK 3	A
SATURDAY	A		