



Dear Parents/Caregivers,

As there have been children in your child's class with headlice it is recommended that you do regular checks of all members of your family. Headlice are passed from person to person by direct contact or on shared objects such as towels, combs, hats. It has absolutely nothing to do with cleanliness. Anyone, adult or child, can get headlice.

#### What to look for

- Small light or dark brown insects without wings
- Tiny white eggs (nits) on the hair shafts
- An intense itching on the head and neck

#### What to do

- Check **ALL** members of the household at the same time and treat those who have headlice
- Please advise the school if you find headlice
- Use an effective headlice treatment. The pharmacy can advise you.
- After the treatment, comb the hair with a fine-tooth comb to remove all the eggs
- Extra precautions include washing all bedlinen and towels with hot water, or tumble drying for 20 minutes on high. Items such as hats and helmets should also be thoroughly cleaned.
- Soak combs, brushes etc in hot water for at least ten minutes
- Vacuuming carpets may help
- Check all household members daily, for 3 weeks, during an outbreak. Treat anyone found to have headlice.

#### **Repeat treatment 7 to 10 days after initial treatment**

**Please** remember that just treating the hair will not eradicate the problem. Check the hair of all household members daily during an outbreak and once a week at other times. Remind children to avoid direct head-to-head contact.

#### What not to do

- Do not use a 2 in 1 shampoo and conditioner in conjunction with the treatment
- Do not use conditioner or shampoos for 24 hours after using headlice treatments. Conditioning agents and harsher detergents can make the treatment less effective
- Do not blow dry hair

Thank you for your cooperation. For further information please contact the school.

