

Head Lice

Please can you check your child's hair? It is always useful to check for head lice once a week and I have included some information taken from www.netdoctor.co.uk about checking your child's hair:



You can check for lice on dry or wet hair.

Head lice tip

To help detection, get your child to lean over a sheet of light coloured paper or cloth as you comb the hair.

Both live lice and eggshells may drop onto the paper.

Use a brush or an ordinary comb to first detangle hair.

Once hair has been detangled, switch to the detection comb.

Start at the middle of the front of the scalp.

Comb the hair from the roots to the very end of the hair.

After each stroke, examine the teeth of the comb for living lice.

Rinse the comb if you find any lice.

Continue combing section by section until you've done the whole head of hair.

Make sure you cover every inch of the scalp, including the area just behind the ears and at the nape of the neck.

Treatment

Websites you may find useful are <http://www.nhs.uk/Conditions/Head-lice/Pages/Treatment.aspx> or www.mumsnet.com/how-to/head-lice-treatment or applying conditioner every 2/3 days, leaving it on for about 20 minutes, combing through and rinsing, then repeat this for 2 weeks (head lice life cycle).

Thank you,

Karen Gilchrist