



UPLANDS MANOR PRIMARY SCHOOL

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Dear Parents/Carers,

Head Lice

A pupil in your child's year group has been found to have head lice. Please take the following action:-

TREATING HEAD LICE

Head lice can usually be effectively treated with the lotions or sprays designed to kill head lice, or by wet combing, using a specially designed head lice comb (see above). Wet combing can be used without lotions or sprays, but it needs to be done regularly and can take a long time to do thoroughly. Lotions or sprays can be used as an alternative. However, to be totally effective they need to be applied correctly and thoroughly. Your pharmacist will be able to recommend an over-the-counter lotion or spray and give you advice about how to use it correctly.

ITCHING

Head lice can often cause a person's scalp to itch. Itching isn't caused by the lice biting the scalp, but by an allergy to the lice. However, not everyone is allergic to head lice, so you or child may not notice a head lice infestation. Even if someone with head lice is allergic to them, itching can take up to three months to develop.

In some cases, a rash may appear on the back of the neck. This caused by a reaction to lice droppings.

PREVENTING HEAD LICE

It's difficult to prevent a head lice infestation because head lice are spread by head-to-head contact. Children and adults should brush or comb their hair thoroughly everyday. Regular detection combing - for example, on a weekly basis - is the best way to find new lice quickly. Lotions and sprays don't prevent head lice infestations and should only be used if a live louse has been found on your or your child's head

The information was taken from <http://www.nhs.uk/Conditions/Head-lice/Pages/Introduction.aspx>.

Yours sincerely,

Mr A Dickinson
Headteacher

