



Simple facts and advice to make life easier if your child should get head lice.

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Home School Link

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I am a mum to 2 children and have had my own problems with the dreaded little visitors....nits! I found the advice at times overwhelming. I hope the following information and advice will help.

Head Lice



Head lice are tiny greyish-brown wingless insects, about the size of a sesame seed when fully grown.

They have 6 legs that end in hook-shaped claws that grasp the hair very tightly until they are either dead or physically removed from the hair. Vigorous hair brushing will not remove them and is also unlikely to break their legs as some people think.

Facts

They cannot fly, jump or swim.

They spread by clambering from head to head.

They are not fussy about how long the hair is.

Lice need to be on the hair to survive.

Therefore any that drop off are damaged or about to die, you therefore do not need to wash or fumigate clothing.

There are 2 ways to treat

Option 1:

Use a lotion or a rinse only if you find living, moving lice.

Check all members of the family and treat to prevent re-infection.

Option 2:

The 'Bug Busting' treatment method.

- Wash hair and apply plenty of conditioner - DONT WASH OUT.
- While hair is damp comb with a fine tooth 'nit' comb, paying particular attention to the hair near the scalp.
- Clean comb regularly during combing to remove any head lice or nits.
- Repeat every 3 days for at least 2 weeks.
- Check the rest of the family!!
- For children with long hair, tie the hair back to reduce contact and prevent re-infection.



Website links to help with information

Health agency dedicated to head lice issues.

www.headlice.org

www.theneemteam.co.uk

Neem based natural **head lice treatment** and prevention.

www.nittygritty.co.uk

Nit and **head lice** combs and natural **treatments**.

www.hedrin.co.uk

Hedrin chemical **head lice and nits treatment** manufacturer.

Above all don't be embarrassed!

Let your class teacher know, so we can work together to reduce the problem.



Head Lice