



Head lice : let's work together to get rid of them!

Head lice are small insects that can be difficult to spot in your hair.

The eggs which are commonly know as "nits" are brown or white empty shells attached to the hair by a sticky substance.

The Lice will hang onto the hair tightly remaining close to the scalp where it is warm; can get food (your blood); and are able to hide, making it difficult to see them. It is the adult lice that will move from head to head when in close contact. The nymph or younger lice **stay on the same head for around six days after hatching.**



Facts

To stay alive, head lice have to stay on someone's head and usually live for about **three weeks.**

The only way they spread, is by walking from one head to another. They cannot fly, jump or swim.

They can make your head feel itchy, and can make the hair feel as if it is moving.

Anyone with hair can catch them. They do not mind what length or condition your hair is in.

Once eggs are laid it takes **7-10 days** for them to hatch.

Some people can **get a rash on their neck** especially if they have longer hair.



Detection

Head lice will hide when combing through hair, so they are difficult to find with a quick inspection.

- ◆ Wash hair as you would normally and use a wide toothed comb to straighten and untangle the hair. Using hair conditioner makes this step easier.
- ◆ When you can get a comb through the hair easily, change to using a fine comb. Make sure you are working from the roots down to the end.
- ◆ You should check the comb for lice after each stroke. Go through the hair by sections until you have gone through the whole head. Then rinse off the conditioner and go through the hair again whilst hair is wet.
- ◆ If lice are there to begin with, do this every other day. Once the hair is lice free, do this twice a week to catch any that may have hatched.
- ◆ Go through the hair on a weekly basis when routinely washing hair to stop head lice from spreading. You should check all family members at the same time, and treat everyone if lice are found.

Treatment Lotions

These should only be used if you find live lice in the hair. These can be obtained from the chemist.

Everyone in the family who has live lice should be treated at the same time.

Make sure you have enough lotion to treat all those who have lice. Follow the instructions on the packet, e.g. how long you should leave the lotion on, how often you can use it.

Not all lotions will kill the eggs, so you should check for baby lice after 3 to 5 days and again at 10 to 12 days.

Advice about treatments should be sought from your chemist or health visitor, or from your GP if the child is under 1, has asthma or allergies.

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local pharmacies where head lice treatments can be obtained.

Chemist	Address	Phone number
Well Pharmacy	Broxtowe Lane	0115 9291708
Medina Pharmacy	Radford Road	0115 9790700
Vantage Pharmacy Melbourne Park Medical Centre	Melbourne Road	0115 978772
Queens Pharmacy Centre	403 Nuthall Road, Aspley	0115 9784786
Asda Pharmacy Asda	Radford Road, Hyson Green	0115 9424300
Lloyd's Pharmacy	411 Beechdale Road, Beechdale	0115 9183331
Omega Pharmacy	25 Flamstead Road, Strelly	0115 9296608
Boots Chemist	543 Aspley Lane	0115 9291009

The "Bug Busting" treatment method.

This relies on combing through the wet hair with the different coloured combs provided in the kit, over a two week period. Only one kit is needed to treat the whole family and is reusable.

Wash your hair and condition with your usual product.

Follow the instructions in the pack – there is a video on their website of how to use.

Repeat on days 1 , 5, 9 and 13



We want to avoid the head lice moving from child to child, if we notice that a child has head lice, we:

- ◆ will sensitively move the child away from other children to try to avoid further cases in class
- ◆ will give you a call to let you know
- ◆ ask if you would like to come and take your child home to treat them as soon as possible.
- ◆ ask you if you would like us to put the treatment lotion on in school.
- ◆ are respectful of the children and don't make it an issue.
- ◆ will offer to show you how to comb through the hair.

This is to try and help stop multiple cases of head lice in school. We **Do Not** check children's heads routinely and we **Do Not** put lotion on unless you ask us to.

It is advisable to wash bedding.