



VALENCE PRIMARY SCHOOL

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HEAD LICE

Dear Parents/Carers

We have been advised by some parents that they have discovered head lice on their children over the last couple of days. May I please ask that you all check your children's hair for head lice. Please check your child's hair frequently as eggs hatch very quickly.

ABOUT: Head lice are tiny insects that live in hair. Nits are the empty egg cases attached to hair that head lice hatch from. Head lice are a common problem, particularly in school children aged 4-11. They're largely harmless but can live in the hair for a long time if not treated and can be irritating and frustrating to deal with.

HOW TO SPOT: Head lice can be difficult to spot. They're very small whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed. The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb. This is called detection combing. Less reliable signs of head lice include:

- small white eggs or nits (egg cases) in the hair behind the ears or at back of the neck, an itchy scalp, a rash on the back of the neck, feeling as though something is moving in the hair.

HOW TO GET RID OF HEAD LICE AND NITS: Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP. Treatments are:

- lotions or sprays that kill head lice – these can be very effective, but some aren't suitable for pregnant or breastfeeding women, or for children under 2.
- removing head lice with a specially designed comb – this is suitable for everyone and relatively inexpensive but needs to be repeated several times and can take a long time to do thoroughly.

A pharmacist can advise you about the treatments available if you're not sure which is best for you or your child. Make sure you carefully follow the instructions that come with the treatment you choose.

Kind regards

Richard November
Headteacher

