

Head Lice appears to be a problem at many schools at the moment.

Unfortunately the nature of head lice means you can treat your children's hair and check regularly, only to have them catching head lice over and over again.

Some simple tips to keep your children nit free are:

- Keep hair tied back into a tight hairstyle – lice cannot jump but will walk from one child's head to another, they find this easier if the hair is loose
- Regularly use a fine tooth comb or nit comb to check hair, it is hard to spot live lice, so covering the hair in conditioner first and combing through with a nit comb while the conditioner is in the hair makes it much easier to spot them
- Regularly wash bed linen, or if this is not an option and you have found head lice, put the bedding in a black rubbish bag, seal it up and leave in a warm place for 1 week, or in the freezer for 4 hours
- Encourage children to not share hats, hair brushes, hair ties or headbands
- Head lice can live for 2 days on fabric or linen, so even with all these measures it is still possible to catch them off shared bean bags or pillows for example

Conditioner and comb method

Apply conditioner to dry hair, enough to cover from scalp and all hair. Leave it on for 5 mins to stun the lice. Using a nit comb, comb all sections of the hair until the conditioner is all combed out. Wipe comb on a towel after each brush stroke. An egg takes 7-10 days to hatch and 6-10 days to become mature. Therefore the conditioner treatment needs to be repeated every 2-3 days for 10 days.

Dimethicone

If you find your child has head lice, the best treatment available is Dimethicone, it is not an insecticide so there is no resistance to the treatment. It kills the lice by suffocation. It is extremely easy to use, and it combs through very easily with no pulling or knotting of the hair.

Dimethicone is available to buy at the local pharmacies or on prescription from your GP. If these options are not available to you, I can also supply Dimethicone to you directly.

Please feel free to contact me for further information either directly or through your school or ECE

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