

Long Bay Primary School

Dear Parent/Caregiver

Re: NITS

One of the parents in your child's class has advised us that their child has had to be treated for head lice.

We would ask you to check the hair of everyone in the household for headlice and nits. If anyone has these, please **TREAT IMMEDIATELY**.

There is a simple treatment in the form of hair shampoo, which is readily available from any chemist. Please follow the instructions of the product purchased because otherwise it will be ineffective. In particular, you must leave the shampoo in the hair for the required time and repeat the treatment in a week as indicated.

If every family carries out this check we should be able to solve this outbreak of headlice. We recommend you continue weekly head-checks for headlice and nits.

Please see reverse of this note for further information from the Health Funding Authority

Thank you.

Long Bay Primary School

PREVENTION

MIX A 50:50 SOLUTION OF MINERAL OIL , SUCH AS BABY OIL, AND VINEGAR. MASSAGE IT INTO THE HAIR AND COVER FOR ONE HOUR WITH A SHOWER CAP, THEN WASH WITH ORDINARY SHAMPOO

The most important part

On average headlice are on a head for several weeks before they are discovered. By that time there are lots of them.

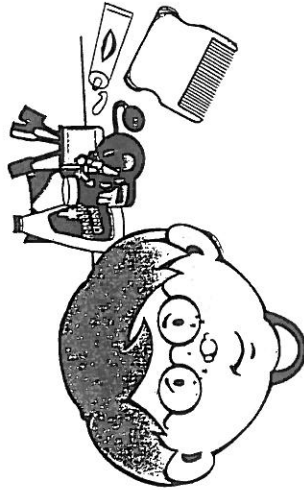
HAIR BRUSHING every night using a firm bristled brush.

Bend forwards and brush hair from:

- *back of the neck over head at least 10 times*
- *from right ear across head at least 10 times*
- *from left ear across head at least 10 times*

CHECK HAIR every week using the fine tooth combing method. (See next page)

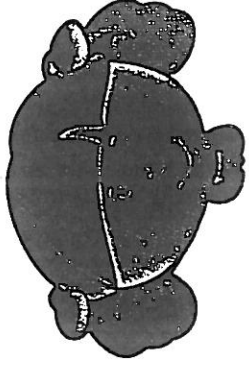
Don't share brushes, combs, hats, hair ties. Wear long hair tied back or up.



TREATMENT

Only treat if you find lice or see eggs closer than 1 centimetre from the scalp.

Check everyone in the household, including adults. (Some people don't itch when they have headlice.)



A - Fine tooth combing

or

B - Headlice Shampoo and fine tooth combing

or

C - Robicomb

FINE TOOTH COMBING Buy a fine tooth comb (nit / flea comb) from the chemist or vet. Using lots of conditioner, and while the hair is wet, comb from the roots out. You will need to divide the hair into sections

Do this every 3 or 4 days for at least 2 weeks to comb out the lice. (Some people find combing dry or damp hair easier)

HEAD LICE SHAMPOO Buy the special shampoo from the chemist and follow the instructions *carefully*. Always repeat the shampoo treatment in 7 days to kill any newly hatched lice.

Following the second treatment, use fine tooth combing method every 3 or 4 days for 2 weeks to ensure that all lice are gone.

ROBICOMB This battery operated comb electronically kills or stuns the lice when they are caught in its teeth.

Head lice live only on the head, there is no need to wash sheets and pillowcases.

A PREVENTATIVE MEASURE IS 10 DROPS OF TEA TREE OIL TO A NEW BOTTLE OF SHAMPOO