



## *St Cecilia's Catholic Primary School*

Dear Parents/Guardians

I wish to advise that today we have a suspected case of head lice in the school.

We ask all parents to please check their child's hair today and treat if required. The conditioner method of treatment and other information is on the schools website, under Parent Information.

Head lice are only pin head size and very difficult to see. The eggs however are white and can be more easily seen. They are most commonly found attached to the hairs at the back of the neck and behind the ears.

Please examine your child very carefully and regularly.

Head lice multiply within groups of people who are in close contact. They cause itching of the scalp but are not a serious condition, so do not be alarmed if your child is affected. Treatment is easy and effective.

Available (without prescription) from your pharmacy, hairdresser or supermarket are products, which can kill both the lice and their eggs. The hair conditioner treatment is also printed on the reverse of this sheet.

It is important that after using such a preparation as directed, considerable care and time must then be taken to comb the hair with a fine tooth comb to remove all the dead eggs and lice. (Vegetable or olive oil is another effective way to remove these eggs.) Only when this has been done may the child return to school.

Reinfestation is always possible, hence the importance of regular examination.

A second treatment eight to ten days later also helps to ensure complete elimination.

Yours sincerely

Peter Allen  
Principal

*Faith Family Friendship*

# HAIR CONDITIONER TREATMENT FOR HEAD LICE

Head lice can be more easily removed by applying conditioner to the hair and combing to remove lice and eggs (nits). As well as making combing easier, the conditioner works by slowing down the head lice for about twenty minutes, so that it is easier to trap the lice in the comb.

## To remove lice:

- Apply plenty of hair conditioner to the dry hair, leave for 10 minutes to 'set' and then comb through with an ordinary brush/comb to remove tangles
- Comb hair thoroughly with a metal nit comb in 4 directions – forwards, backwards, to the left, to the right
- Wipe the comb onto a white paper towel to check that the dark coloured adult lice or pale coloured hatchlings are being removed. Hatchlings may emerge from any missed eggs. You may need to use a good magnifying glass to see the lice
- Rinse conditioner off and dry the hair
- Repeat this process daily for the 21 days of the head lice life cycle
- Repeat this process weekly after head lice have been eliminated if you want to check for and prevent re-infestation.

## To remove eggs:

Some eggs will be removed by combing, but others will be harder to detach. You will need to use your fingernails or tweezers to remove as many eggs as possible from the base of the hair shaft – remember only those within 1cm of the scalp will hatch. Those further along the hair shaft will be already hatched or dead.

## Note:

After combing, soak the brush/comb in hot soapy water to kill any trapped eggs or lice  
Any type of hair conditioner may be used

For further information, please contact the Community Health Nurse at your school or the nearest Community Health Centre (see phone directory)