

WHAT DO I DO IF THE LICE WON'T GO?

Many parents find they treat a case of lice, only to find it returns within a matter of weeks. It could be that not all lice were eliminated when treated or they have caught them again from someone at school or a member of the family. The best way to prevent re-infestation is to check your child's hair regularly and treat them as soon as you notice any new signs of lice. Alternatively you could build wet-combing into your weekly routine, as this will remove lice before they have a chance to lay eggs. Talk to your child about avoiding sharing hats, brushes and hair clips. You could also make sure long hair is tied back at school.

If you have followed all the advice and the lice still won't go, consult your GP who may be able to suggest alternative treatments. You may also wish to wash your towels and bed linen on a hot wash (60°) together with any headgear. Clean brushes, combs and hair clips by soaking them in surgical spirit.

DO I NEED TO KEEP MY CHILD OFF SCHOOL?

There is no need for children to miss school with lice. Most treatments can be done overnight. You should however, inform your child's classteacher as well as other care givers (child minders or after school clubs), if your child has developed headlice. We let parents know if there is a case of headlice so that parents can check their child's hair and prevent the lice from spreading. Rest assured your child will not be identified or singled out—we just send a general message to all parents asking them to check their children's hair.

Davy Drive
Maltby
Rotherham
S66 8JN

Phone: 01709 813300
mail: info@maltbymanoracademy.com

PARENTS GUIDE TO HEADLICE



WHAT ARE HEADLICE?

Headlice are tiny insects that live in the hair and feed on tiny amounts of blood taken from the scalp. They are greyish-white or tan in colour and about the size of a sesame seed. They lay eggs called 'nits' which they attach to the hair shaft with a strong glue. The eggs are laid close to the scalp where it is warmest and look like tiny dots. They are yellow, tan or brown in colour before they hatch and clear or white after hatching. Young lice, or 'nymphs', hatch from the eggs and take around 1-2 weeks to mature into egg laying adult lice.



HOW DO YOU CATCH HEADLICE?

Headlice cannot jump, but they do have specially adapted claws which enable them to cling to the hair shaft. The most common way of catching headlice is head-to-head contact, as they crawl from one head to another, and this is why they are so common in places where children work and play together—the primary classroom. Less commonly, lice can also be spread through sharing hats, bed linen, brushes, combs and hair bands or clips.

ARE HEADLICE DANGEROUS?

Headlice are unpleasant, but not dangerous at all. The main risk is if scratching breaks the skin and an infection could occur. If this happens, you should seek advice from your GP.



HOW CAN I TELL IF MY CHILD HAS HEADLICE?

It is more common for nits in your child's hair than adult lice, unless the infestation is very severe. Often you will spot empty egg cases as the hair grows away from the scalp. Contrary to popular belief, having headlice does not always cause itching (especially not at first). The itching is actually a reaction to the saliva of the louse, and many people do not react at first, so by the time your child starts scratching or complaining of an itchy head, they could have had lice for quite a long time. The best way to stay on top of headlice is to check your child's hair for nits regularly (at least weekly). You will see small brown insects the size of a grain of rice

MY CHILD HAS HEADLICE, WHAT SHOULD I DO?

If you discover your child has headlice, you should treat them as quickly as possible. All family members will need to be treated too and ideally on the same day. There are two options for treatment—lotions or sprays which kill the lice, or wet combing with a nit comb.

You can buy headlice treatments over the counter at your local pharmacy, so there is no need to see the doctor. Headlice treatments tend to contain either dimeticone or cyclomethicone, both of which act by coating the lice and preventing them from breathing.

Wet combing is becoming increasingly popular as a way of treating headlice, as it doesn't require the use of chemical sprays or lotions. To treat lice by wet combing, you need to wet the hair and apply plenty of conditioner. Then comb through the hair methodically, from root to tip, using a fine toothed comb. Wipe the comb on some tissue paper after each section has been combed and make sure you have combed every strand of hair. To ensure this works, you need to wet comb every 3-4 days for 3 weeks.

