

Dear Parent/Guardian,

Headlice is just one of the infectious conditions that can affect children in the community. This information sheet gives advice on how best to treat headlice.

It is important that children's hair is checked on a weekly basis so that any head lice can be dealt with quickly and before they are allowed to spread too far.

Follow the simple routine below to keep head lice outbreaks to a minimum.

CHECK

- Your child's hair once a week
- Use a proper detection comb – with teeth no more than 0.3mm apart to trap head lice.
- Wash the hair using ordinary shampoo and use conditioner to make combing easier. Towel dry hair and remove tangles with a wide toothed comb. Using a detection comb part hair into small sections and comb the hair from scalp to the end. Wipe the comb each time with a piece of kitchen paper and check for live lice.
- If you find live lice, consult a pharmacist or GP for treatment advice. Head lice treatments are available on prescription.
- If live lice are detected all close contacts should carry out detection combing.

TREAT

- Only treat if live lice are identified.
- Use a clinically proven treatment – if unsure advice can be sort from the school nurse or pharmacist.
- Leave the treatment on for the recommended time for maximum effect – leaving it on for longer will not make it more effective.

COMPLETE

- Repeat the treatment for a second time seven days after the first to kill any lice that may hatch from eggs during that time.
- Check that all head lice have gone within two to three days of the final application of head lice treatment to complete the process
- Continue to check for head lice on a regular, weekly basis.

For more advice and support contact your school nurse or pharmacist or visit:

www.hpa.org.uk

[NHS Choices: www.nhs.uk](http://www.nhs.uk)

Thank you for your co-operation