

How we wear our hair is a very personal thing so please don't criticise children or their parents for having long hair. It's everyone's responsibility to make sure that their child's hair, long or short, is checked regularly and kept bug-free.



My daughter had head lice on and off for three years! Fortunately it stopped when she went to secondary school.

You can get **free** treatment lotions from the chemist. Pick up a form at the doctors and you will be entitled to free head lice lotions. Ask about the:

PHARMACY FIRST SCHEME

Don't panic! Probably every child will have head lice at some time in primary school. You would be very lucky to get away without it. But let's all do our best to get rid of it, as much as possible, at Columbia School.

CHECK YOUR CHILD'S HAIR REGULARLY AND ACT QUICKLY IF YOU FIND HEAD LICE.

A child in your child's class has head lice please read this leaflet.

Head Lice Information Leaflet



Head lice are tiny insects that are grey or brown in colour. They live in human hair and keep close to the scalp. They are difficult to see but children may have an itchy head and scratching is a sign that your child has head lice.

Children often get head lice in their hair at primary school and, the good news is, it happens much less at secondary school.

The female head louse lays eggs that cling, like glue, to a strand of hair. The eggs are like a tiny drop of cloudy jelly near to the scalp. You cannot comb them out of the hair because they are stuck too tightly.

The eggs take 7-10 days to hatch and then a tiny head louse comes out. The empty egg sac is white and these 'nits' are easier to see in the child's hair.



Head lice are the size of a pin head when they come out of the egg and about 3 mm. when fully grown. They take between 6-10 days to grow to full size. When fully grown they can move quite quickly from head to head and the females will lay lots more eggs.

Head lice cannot fly or jump but they climb along the hair and spread from one child to another when their heads are close together, at working times in lessons or playing together.

Head lice need to be treated or they will lay more eggs and the hair becomes infested.

If your child has head lice you **must** treat them or other children in the class will become infected too.

Head lice can be treated with medicated lotions from the chemist or with non-chemical methods.

You need to comb them out of the hair every 3-4 days. You might get them all out on Monday but new ones will be hatching on Tuesday and Wednesday!

If you don't kill them or get them out of the hair they will become mature and lay more eggs.

When you have got rid of them still check your child's hair every 3-4 days, whenever you wash your child's hair.



If you want to use a medicated lotion to treat the head lice, go to the chemist and they will advise you. Make sure you follow the instructions because you must put the lotion on several times to get rid of all the head lice.



I tried tea tree oil and those electric combs but they didn't work for us!

My child's hair was so fine even the comb didn't work. I just had to pick them out every day.

If you do not want to use chemicals, you should smother the hair in lots and lots of conditioner, then use a fine-tooth comb to comb out the head lice. You will not be able to comb out the eggs, they stick too tightly, so you must comb out the head lice every 2-3 days as new ones hatch.

