Dear Parents/Carers

It has come to our notice that Pediculosis (head lice) have become prevalent again. It would be appreciated if all parents would check their child’s head, particularly around the nape of the neck and back of the ears.

- Look for small whitish specks stuck to hair, especially behind ears and on back of neck. These are nits (eggs). Search extra hard if your children are blond, as this makes nits difficult to find.

- If you see lice or find nits, treat your child’s hair with the appropriate treatment. There is quite a large variety. It is important to follow instructions on the container. If treatment has been given properly, any nits will be dead. Also buy a fine tooth metal comb.

- Apply product to every strand of hair and work through, leave for 20 minutes, and comb out with a good quality lice comb.

- If dead lice are found, the product has worked. But you must re-treat in seven days to catch nymphs that have emerged from unhatched eggs.

- If you find live lice, the treatment hasn’t worked. Either use another product or try the comb and conditioner method. (see over page for more information)

- Brush and comb hair and wash it often. If hair is very long, keep it tied up or plaited. Regularly check you child/children’s hair.

- Keep a good quality head lice comb in the shower so that every time anyone washes their hair they use the comb.

- Anyone can catch head lice where many people work and play together. It is no reflection on the home or family. Head lice usually prefer clean hair and are not fussy who they infect.

Thanking you for your co-operation

Dale Green
Principal
NITBUSTING AT HOME

Nitbusting can be a time-consuming task. If nitbusting at home with your child, follow the steps below:

1. Try sitting the child between your legs on a low stool and putting on a video for an hour while you work
2. Apply liberal amounts of conditioner to the scalp and massage it through all the hair shafts. You will use a lot of conditioner. Every hair has to be coated to ensure it reaches the lice
3. Lice live close to the scalp. You don’t have to work the conditioner onto the whole length of the hair. Combing will spread it well enough. The idea of the application is to restrict the movement of the head lice long enough for you to catch them with a comb
4. After you’ve applied the conditioner, use a large comb to part small sections of the hair starting from the nape and working upwards toward the crown. Eggs are often found behind the ears and toward the back of the head. By using this method, you are more likely to find the head lice on top of and toward the front of the head
5. When the hair is detangled and manageable, use a fine lice comb to comb out each section several times
6. After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel
7. Keep combing each section of hair until no further lice, nymphs or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove

OTHER THINGS YOU SHOULD KNOW

Head lice often congregate on the crown of the head, so that it is not until you reach these last sections of hair that you find adult lice. However, heads that are severely infected will have adult lice everywhere.

A good lice comb should also remove nymphs, the stage between egg and adult louse. These can be difficult to identify with the naked eye, but appear as small insects on the paper towel.

It is very important to check your child’s hair everyday and retreat the hair after seven days to make sure that any remaining eggs haven’t hatched and reinfected the hair.

For further information go to: www.health.nsw.gov.au/headlice/treatment