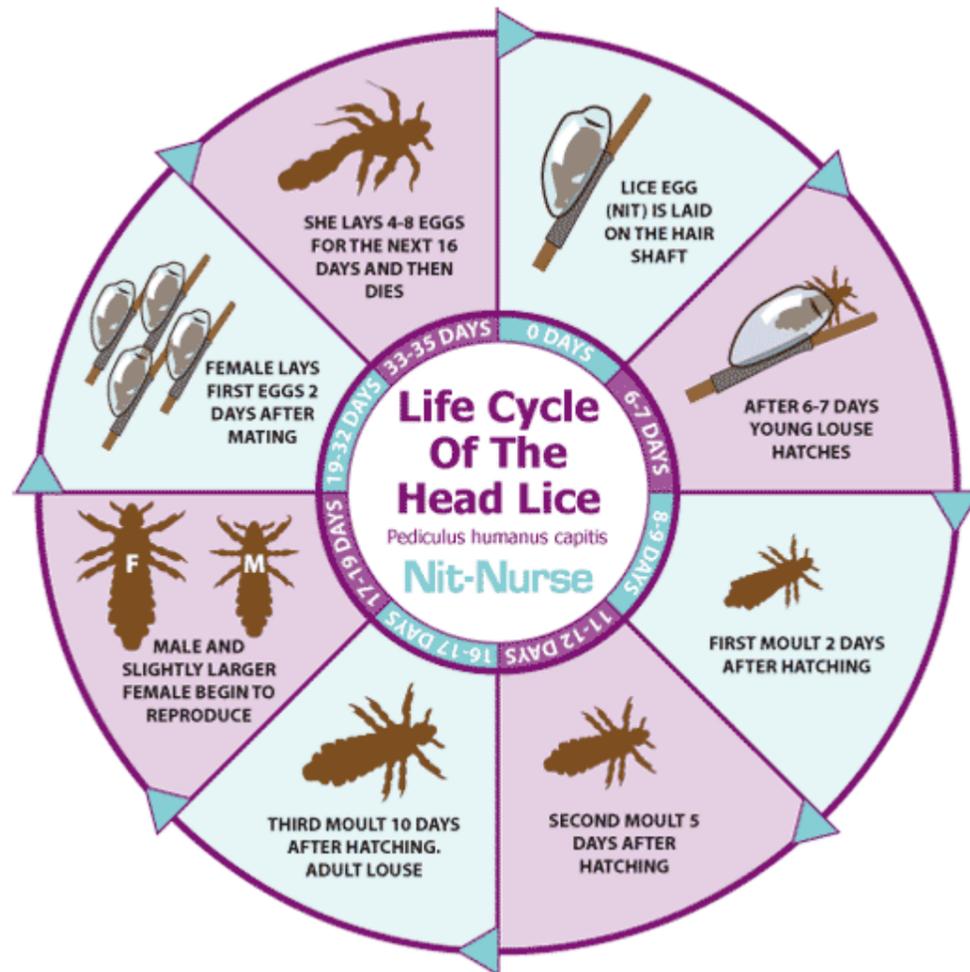


# Headlice Awareness



## What is the life cycle of head lice and Nits?

Head lice have a life span of about 30 days.

An adult female head louse lays about 6 eggs or *nits* each day. Each nit is about the size of a grain of salt and can range from white to brown.

After about 7 to 10 days, the nit eggs hatch and new head lice are released. These head lice are called *Nymphs* and are about 1/32" (1mm) in length.

The nymphs take about 14 days to mature into adult head lice and start laying nit eggs.

An adult Head louse is about 1/8" (3mm) in length.

An adult female head louse mates once and then continues to lay eggs each day. In their 30 day lifetime, adult female head lice lay about 100 nit eggs each.

An unnoticed infestation of head lice can result in hundreds of head lice living on a scalp.

Hatched nit eggs remain attached to the hair shaft. The hatched nit egg is white and nearly translucent. And it can be seen as a small white blob stuck to a hair. Since a nit is firmly attached to a hair shaft, it moves away from the scalp as the hair grows.



image of an adult head louse.



Head Lice lay nit eggs

There are several ways to treat head lice.

After washing the hair, apply lots of conditioner and comb it thoroughly with a fine-toothed comb - the lice and nits will be caught on the comb. (Rinse the comb in a basin of water to see them easily) You will have to repeat this for several days to catch all the lice and nits, and comb your child's hair daily to check for lice afterwards.

Alternatively, an electrically charged comb (available from pharmacies) can be used to catch and kill the lice. It must be used regularly.

Pesticide shampoo can be used, although some people are concerned about harmful side-effects and head lice in the UK are becoming resistant to chemical treatments. If you wish to use a pesticide shampoo, talk to your chemist about the most suitable one and follow the instructions as you may need to repeat the treatment.

To get rid of head lice, it's important to understand their life cycle so that you continue treatment for the right length of time. You may need to repeat treatments after 7-10 days – the time taken for the eggs to hatch- as the eggs are more resistant to treatments. If you are meticulous with treatment, there is a high chance of getting rid of the infestation.

Remember to check the whole family for nits, and to alert the parents of friends and your child's school.



We have made some local enquires into the price of head lice combs and Manor Pharmacy on Nottingham Road currently sell plastic combs at £1.09 each and metal combs at £3.25 each. (these prices were correct as at 14.01.11).

From Monday 24th January 2011, we will also be selling white plastic head lice combs from the school office at 80p each.

Our advice:-

- Check weekly (wet hair).
- Tie long hair back and use hair spray.
- Gel short hair.
- Brush thoroughly each night.

Only treat if live lice are found.

Our policy:-

- If we spot a child who seems distressed with an itchy head we will tell you.
- If we spot live lice on a child we will contact you and ask you to collect your child and treat. On return to school you will be asked to show a member of staff your child's hair so we can check they are clear of any headlice.

Your responsibility:-

- Copies of the Southern Derbyshire Health Authority policy are posted in windows around the school.
- Please inform school if you are treating your child for head lice.

Finally:-

- Head lice is a community problem and is not something that children can only get from their friends at school. Please make checks as part of your



To try and combat the problem in school, when a case of head lice is reported in your child's class we will send a flyer home to alert you, so you can check your own child's hair.

We are also going to have a "Bug Busting" weekend once a month to remind parents to check the whole family's hair for head lice and to treat accordingly. We will notify which weekend this is by either text message or flyer sent home with children.