



HEAD LICE

What is it?

- Head lice are tiny grey/brown insects.
- They are about the size of a sesame seed.

Who catches it?

- Common amongst children, but can affect anyone at any age.
- They are not a sign of dirty hair or poor hygiene.
- Can possibly be caught from infested combs, towels or clothes

How serious is it?

- It is a minor problem.
- Many people with head lice have no symptoms. An itchy scalp occurs in about 1 in 3 cases, due to an allergy to the lice, not due to them biting.
- They do not usually cause any other medical problems.
- Can be treated with detection combing (combing each section of the hair with a special fine tooth comb after applying a lot of hair conditioner) or by using a head lice lotion from the pharmacist. 头痒洗发水
- Do not go swimming before applying the lotion as the chlorine may stop it working.
- Do not use a hairdryer after applying the lotion.
- To kill any lice or eggs seal any potentially infested clothing, hair brushes etc. in a plastic bag and put into the freezer for a few days the cold will kill both eggs and lice.
- Reapply the same lotion after 7 days or as directed on the bottle. This will ensure any newly hatched lice will be killed.
- Inspect the hair by detection combing 2-3 days after the second application.
- Inspect all the family members' hair by detection combing and only treat affected people.
- After treatment and the lice have gone it can take 2-3 weeks for the itch to go.

Can it be prevented?

- There is no sure way to prevent head lice.
- Check children's hair regularly prompt treatment can help stop the spread.
- Hair should be tied back in school to avoid the spread of head lice.

When can the child return to school?

- Guidelines for infection control in schools and nurseries state that there is no need for a child who has lice to be excluded from school.
- An affected child will have had the problem for some time before detection.
- We prefer that your child only returns to school after the first lotion application.