



College Road
Primary School

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Dear Parent/Carer

We have recently been notified of a head lice infection in your child's class. The problem of head lice in Primary schools is very common and unfortunately we can not do anything more than make parents/carers aware. We have to rely on you regularly checking and treating your child's hair as anyone with hair can catch headlice, but children who put their heads together a lot tend to get them more often.

Please could you examine your child's hair as it is very important that this is done regularly. Overleaf are guidelines on treating head lice which explains the options available for treatment, if you find your child does have head lice please inform either their teacher or the school office and ensure your child is treated before coming to school.

Yours sincerely

Mr J B Wallace
Headteacher



College Road Primary School is a member of The South West Plymouth Education Trust, a co-operative schools trust.

Your guide to head lice

How to spot head lice

In most cases, itching is the main symptom of head lice, it is not caused by the lice biting the scalp but by an allergy to the lice. However, not everyone experiences itching. It is not always easy to see head lice so detection combing is the best way of finding head lice. This involves using a special fine-toothed head lice comb to comb through the hair which works better on wet hair but can be used on dry hair.

Treatment

Head lice can be difficult to treat due to a high re-infestation rate and their ability to develop resistance to traditional insecticides contained in some medications. After a head lice infestation has been confirmed, you can treat the lice at home by wet combing the hair using a head lice comb or by using medicated lotion. However, neither will protect against re-infestation if head-to-head contact is made with someone with head lice during the treatment period.

- Wet combing - The wet combing method with conditioner involves removing the head lice by systematically combing the hair using a special fine-toothed comb, the comb's teeth should be spaced less than 0.3mm, but at least 0.2mm, apart. Lice can be trapped between the teeth of nit combs with a tooth spacing of less than 0.19mm and remain unseen, combs are available from pharmacies or online. Medicated products are not necessary for wet combing however, for wet combing to be effective, it involves regular and thorough combing.
- Medicated lotion or spray - Using medicated lotion or spray is an alternative method of treating head lice. However, no medicated treatment is 100% effective, your pharmacist will be able to recommend an over-the-counter lotion or spray.
- Your child's bedding, clothes, and towels must be washed in warm soapy water and dried in a dryer on the "high heat" cycle. This step must be completed on the same day as above steps. Any personal items such as toys or stuffed animals which cannot be laundered must be sealed in a plastic bag for two weeks. Although head lice live only on humans, this step will kill any lice or eggs which may have recently fallen off your child's head. Vacuuming carpets and furniture will also help.

Preventing head lice

It's difficult to prevent a head lice infestation regular detection combing on a weekly basis, is the best way to find new lice quickly. Medicated lotions and sprays do not prevent head lice infestations and should only be used if a live louse has been found on yours or your child's head.

- Avoid head-to-head contact during play and other activities at home, school and elsewhere.
- Do not share clothing such as hats, scarves, coats, sports uniforms or hair ribbons.
- Do not share combs, brushes or towels.
- The use of shampoo and conditioner that contain such oils as tea tree oil, coconut or olive is also recommended as lice do not like the smell.

You may obtain further information from the NHS website www.nhs.uk/conditions/Head-lice/Pages/Introduction.aspx or the National Pediculosis Association www.headlice.org