

# Beer C of E (VA) Primary School



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Headteacher – Miss Rebecca Porter

Chair of Governors – Mrs Jean Smith

Dear Parents

There have been several cases of head lice in school recently. Please follow the guidance below and check hair weekly to help us as a school community to eradicate cases as quickly as possible.

## USING DETECTION COMB

### Useful tips:

- Shampoo hair as normal, rinse, then put on lots of ordinary conditioner with a cape/towel over shoulders. Leave conditioner in hair, untangle hair with a normal comb. Then switch to a special 'nit' comb and comb through from scalp to tip a section at a time, removing lice from comb after each stroke. Keep combing until no more lice appear in the comb.
- Rinse hair and repeat the combing with the 'nit' comb.
- After the first 'nit' combing session, repeat this (leaving 3 complete days in between) on days 5, 9 and 13. This will remove lice hatching from any eggs before they can spread or reproduce. Check again on day 17 and you should find no lice unless the person has caught lice again.
- Regularly use tea-tree shampoo.

Also, follow the simple CHECK, TREAT, COMPLETE routine below to ensure you are doing your bit to keep head lice outbreaks to a minimum.

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|----------|---|
| CHECK    | <ul style="list-style-type: none"><li>- your child's hair once a week</li><li>- use a proper detection comb, with teeth no more than 0.3mm apart to trap head lice, and white in colour so they can easily be seen. A particularly recommended one is from Nitty Gritty.</li><li>- if you find live lice, consult a pharmacist for treatment advice</li><li>- if head lice are spotted, take a close look at all the family, including yourself and ask close family and friends to check as well</li></ul> |
| TREAT    | <ul style="list-style-type: none"><li>- only if live lice are identified</li><li>- use a clinically proven treatment, ideally with a physical mode of action to which lice are very unlikely to build up resistance</li></ul>   |
| COMPLETE | <ul style="list-style-type: none"><li>- Repeat the treatment for a second time seven days after the first to kill any lice that may hatch from eggs during that time – if the pack instructions specify that a second application is required</li><li>- check that all head lice have gone within two to three days of the final application of head lice treatment to complete the process</li></ul>   |

For further information on head lice see your pharmacist or visit [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com) or [www.chc.org](http://www.chc.org) or [www.nittygritty.co.uk](http://www.nittygritty.co.uk)

Thank you for your cooperation and support.

Miss R Porter  
Headteacher



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and Paralympic Values

