

Head lice

The school nurse has a responsibility to educate our children on hygiene matters. No checks are made on hair as a matter of policy. Parents should make regular checks at least twice a week. The school nurse will give advice as necessary.

The following information has been given on headlice.

- Headlice are unpleasant but harmless and do not cause disease.
- The mainstay of treatment is to remove the lice and their eggs from the hair and prevent re-infection from pillows etc.
- Nit lotions and shampoos are rarely the first line of treatment since the headlice are often resistant to them.
- Treatment is best done by daily combing using a nit comb (detector comb) on shampooed hair to which conditioner has been added. This should be carried out for **TWO WEEKS**.
- If you have repeated difficulty in eradicating headlice, please contact the school nurse or, practice nurse.
- If your school nurse who is based at the Health Centre, needs advice from a doctor, she will talk to the doctor directly.
- If you wish to purchase nit lotions you may of course do so but this is not the recommended treatment.

THE PRACTICE DOCTORS THEREFORE WILL NOT ROUTINELY PRESCRIBE LOTIONS OR SHAMPOOS FOR HEADLICE EXCEPT ON THE VERY RARE OCCASIONS WHEN THE SCHOOL NURSE AND DOCTOR DEEM THIS TO BE ADVISABLE.

HEADLICE LOTIONS ARE PESTACIDES AND CAN OCCASIONALLY CAUSE MEDICAL COMPLICATIONS SO ARE BEST AVOIDED WHENEVER POSSIBLE.

The mainstay of treatment is frequent repeated combing with a nit comb.

Further details can be found at <http://www.nhs.uk/conditions/head-lice/Pages/Introduction.aspx>