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07<sup>th</sup> March 2024

Dear Parents and carers

We are writing to inform you that there has been a case of head lice in your child's class.

Please check your child's hair this evening. The recommended treatment is washing with shampoo, followed by conditioner then combing through with a napp comb while the hair is still wet. The combing should be done every night until the hair is clear of eggs and lice.

Napp combs are available at most pharmacists for a reasonable price. Alternatively treatment for head lice including the comb is available on prescription from your doctor. Prescriptions are free for the under 16's.

Below are details of how treatment can be carried out.

Best wishes

Woodlands Meed

### **HEAD LICE**

*From time to time children, particularly those in large communities, become infested with head lice. In recent weeks there have been a small number of cases and you will appreciate the problems that this causes. It would be helpful, therefore, if you would please check your child's hair and continue to check for the next few weeks.*

*The Department of Health leaflet on head lice states that lice are most easily detected by fine tooth combing wet hair. If lice cannot be found by careful combing of shampooed hair from the roots, there is no need to consider applying head lice treatments (lotions or rinses), even if there have been cases reported in school. If head lice are discovered, then there are two ways to deal with the problem.*

#### **1. Wet Combing Method**

- Wash the hair in the normal way with an ordinary shampoo.
- Using lots of hair conditioner and while the hair is very wet, comb through the hair from the roots with a fine toothcomb. Make sure the teeth of the comb slot into the hair at the roots with every stroke, and do this over a pale surface such as a paper towel or the bath.
- Clear the comb of lice between each stroke.
- Wet lice find it difficult to escape, and hair which is slippery from conditioner makes it hard for them to keep a grip – so removal with the comb is easier.
- If you find any lice, then repeat this routine every three – four days for two weeks, so that any lice emerging from the eggs are removed before they can spread.

#### **2. Using Lotions**

Your school nurse, health visitor or local pharmacist will be able to recommend lotions and rinses, which are specially formulated to kill lice and their eggs quickly and safely. The particular treatment recommended changes from time to time because your local health authority will change from one product to another. This is called a rotational policy. The aim is to prevent head lice becoming resistant to one particular product. Your pharmacist will be able to explain the correct way to use the product. If the problem persists then you should then you should discuss this further with your family doctor.