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**Head Lice**

I am sending you this letter with some information about head lice, which I would encourage you to read if you have been notified of an outbreak in your child's class.

This matter can be resolved quickly and simply by following the advice listed below, and along with your help, we hope that this will help to address the current issue.

**How to spot head lice**

Head lice can be difficult to spot. They're very small whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed. The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb. This is called detection combing.

Less reliable signs of head lice include:

* small white eggs or nits (egg cases) in the hair behind the ears or at back of the neck
* an itchy scalp
* a rash on the back of the neck
* feeling as though something is moving in the hair

**How to get rid of head lice and nits**

Treatments to get rid of head lice are available to buy from pharmacies and online. You don't usually need to see your GP. Getting advice from your local pharmacy is strongly advised.

The main treatments are:

* lotions or sprays that kill head lice – these can be very effective, but some aren't suitable for pregnant or breastfeeding women, or for children under two
* removing head lice with a specially designed comb – this is suitable for everyone but needs to be repeated several times and can take a long time to do thoroughly

*A pharmacist can advise you about the treatments available if you're not sure which is best for you or your child.*

Further information is available at https://www.nidirect.gov.uk/articles/head-lice-0

Yours sincerely

*M.J. Peacock*

M J Peacock
Principal