



## Bug Busting

Dear Parents and Carers

A letter about head lice is being sent to you as head lice have been found in your child's class.

Please check your child's hair as described on this letter and keep checking regularly over the next few weeks. The use of a detection comb, which can be purchased from the chemist, will help you find the lice.

If your child has head lice, please treat him/her straight away with one of the methods on this letter.

Please tell the teacher and anyone who may have had head-to-head contact with your child.

### REMEMBER

- Regular brushing and combing of hair with the detection comb prevents a louse from laying eggs.
- Inspect the hair of everyone in the family once a week.

***Please find overleaf instructions on how to wet comb hair.***



## Wet combing

The wet combing method involves removing the head lice by systematically combing the hair using a special fine-toothed comb.

The comb's teeth should be spaced 0.2-0.3mm apart. Lice can be crushed or trapped between the teeth of a nit comb with a tooth spacing of less than 0.19mm and remain unseen.

You can buy a fine-toothed comb from your local pharmacy or you can order one online.

Lotions or sprays don't need to be used for wet combing. However, to be effective, wet combing needs to be carried out regularly and thoroughly. The method you should use is described below.



Wash the hair using ordinary shampoo and apply plenty of conditioner before using a wide-toothed comb to straighten and untangle the hair.



Once the comb moves freely through the hair without dragging, switch to the louse detection comb. Make sure the teeth of the comb slots into the hair at the roots, with the bevel-edge of the teeth lightly touching the scalp.



Draw the comb down to the ends of the hair with every stroke and check the comb for lice.



Remove lice by wiping or rinsing the comb.



Work methodically through the hair, section by section, so that the whole head is combed through.



Rinse out conditioner and repeat the combing procedure.



Repeat the procedure on days three, six, nine, 12 and 15, so that you clear young lice as they hatch and before they have time to reach maturity.

How long it will take to comb your child's hair will depend on the type of hair they have and its length. For example, short, straight hair can be quickly prepared and can be fine-toothed combed in a few minutes. Longer, curlier hair will take longer to comb.