

NOTE TO ALL PARENTS/GUARDIANS

Head lice have been reported in the school. Head lice are not only embarrassing **they are also highly contagious.**

What signs to look for:

- Frequent head scratching
- A fine black powder on the pillow (this is lice faeces)
- Paler coloured material on pillows (this is cast of lice skin)
- The lice themselves (about the size of a sesame seed)
- Tiny white specks stuck near the hair shaft at the nape of the neck, under the fringe or behind ears (nit eggs)

If you find nits buy a head lice lotion/preparation from your chemist. NO prescription is necessary. Treat immediately.

Treating the household:

Head lice can survive away from the human body for about 48 hours and nits up to 10 days. To ensure a lice and nit free environment, wash clothes, bed linen and towels on the hot water cycle for at least 20 minutes.

Soak combs, brushes etc in hot water (+60c) for at least 10 minutes and vacuum everything, including mattresses and upholstered furniture and hats.

A recommended weekly prevention is leaving hair conditioner in the hair for 20 minutes, combing through with a fine toothcomb to remove eggs and then rinsing the hair.

Students need to be kept home from school until you have carried out the treatment described.

Thank you for your cooperation.

Amanda Cooper
ACTING PRINCIPAL