

Dear Parent/Guardian,

There has recently been a case of head lice identified at the school and we wanted to make sure you were kept informed.

While lice are nothing more than a nuisance, it is important that children are checked on a weekly basis so that any head lice can be dealt with quickly and before they are allowed to spread too far.

As there has been an outbreak, we suggest that you check your child's head as soon as possible.

Follow the simple **CHECK, TREAT, COMPLETE** routine below to ensure you are doing your bit to keep head lice outbreaks to a minimum.

## CHECK

- Your child's hair once a week
- Use a proper detection comb – with teeth no more than 0.3mm apart to trap head lice and white in colour so they can be easily identified
- If you find live lice, consult a pharmacist for treatment advice
- If head lice are not spotted, take a close look at all the family, including yourself and ask close family and friends to check as well

## TREAT

- Only treat if live lice are identified
- Use a clinically proven treatment, ideally with a physical mode of action to which lice are very unlikely to build a resistance
- Leave the treatment on for the recommended for maximum effect – leaving it on for longer will not make it more effective

## COMPLETE

- Repeat the treatment for a second time seven day after the first to kill any lice that may hatch from eggs during that time – if the pack instructions specify that a second application is required
- Check that all head lice have gone within two to three days of the final application of head lice treatment to complete the process
- Continue to check for head lice on a regular, weekly basis

For further information on head lice see your pharmacist or visit [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com).

Thank you for your co-operation