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HEAD LICE

Head lice are spread mostly by direct head-to-head contact. The sharing of hats, combs, and other hair accessories can also spread head lice, but this is not common. Anyone can get head lice. A head lice infestation has nothing to do with cleanliness or parenting skills.

- It is important to check the hair and comb through it with a nit comb every 2-3 days. This will help to remove nits and lice and can decrease the chance of self re-infestation. Do this for 2-3 weeks to be sure all lice and nits are gone. It may help to use hair conditioner to help the comb loosen the eggs.
- Wash combs, brushes, hats and other hair accessories of the affected person in hot water.

Tips for combing out head lice and nits:

- Use a fine-toothed louse or nit comb. These combs may be included within packages of medicated head lice treatment or you may buy one from most chemists. Combs with metal teeth spaced close together seem to work best.
- Sit behind your child, and use a bright light, to inspect and comb through the hair, one small section at a time.
- Repeat combing until no more active lice are seen.
- Comb daily until no live lice are discovered for two weeks. It may take several hours each night for several nights to tackle the problem.
- Adult female lice cement eggs to the base of a hair shaft near the skin. As the hair grows, eggs are moved away from the scalp
- Short hair is more easily searched for lice and eggs, but does not prevent your child from getting head lice.

Check your child's hair

