



31st May 2019

Dear Parents and Guardians,

Preventing Head Lice and Lice Nits

Head lice infestation is a common problem throughout the world. However, this infestation is contagious as it spreads to others easily, especially amongst young children as they play and interact together.

We have identified a few students with lice/nits in the lower primary and we seek your assistance to check your child for head lice at home. In school, we have checked all students in the affected year-levels both yesterday and today. We have taken precautionary actions towards the affected students and we will continue to examine our students from time to time.

Therefore, we seek your continuous assistance to encourage and ensure your child in maintaining personal hygiene by **washing his/her hair every alternate day** and perform regular head checks at home.

Signs and symptoms of your child possibly having head lice are as below:

- Frequent/abnormal scratching of the head/scalp
- Small red bumps on the scalp or neck
- Tiny white nits on the hair close to the scalp that are difficult to remove
- Child complains of crawling sensation on the head

If you found that your child is having head lice:

- **See a doctor** and get treatment immediately.
- Assist your child in using the **anti-head lice shampoo** as prescribed by the doctor.
- Encourage and ensure your child to **wash his/her hair every day**.
- **Use a lice comb** to eliminate dead head lice and nits by pulling them out of the hair after a shampoo.
- **Perform routine head checks.**
- Check all family members for lice and nits.
- If you suspect any family members have lice, it is a good idea to take them to the doctor as well or treat it using a **medicated shampoo from the pharmacy**.
- Identify items that might contain head lice such as pillows/bed linens, hats, scarves, helmets, clothes.
- Keep long hair neat and tied up.
- Advise your child not to share items that touch the head.

I hope the information above will be beneficial in the effort to keep your children free from possible head lice infestation at all times. We look forward to a safe and healthy Term 3. Thank you for your constant cooperation and support.

Yours sincerely,

Reka Ramakrishnan (RN)
School Nurse

Ms J. Johami
Head of Junior School