



St. Paul's N.S.

Keelogs, Inver, Co. Donegal

Telephone: 074 97 36416

Email: stnaulsnskeelogs@gmail.com

Website: www.stnaulsns.com



20th April 2021

Dear Parents/Guardians,

It has been brought to our attention that a child in the school has caught head lice and, as a result, your child may have caught head lice. There is no reason at all for alarm – head lice have nothing to do with how clean or dirty a person is. In fact head lice prefer clean to dirty hair. Anyone can get head lice and as they spread very quickly from head to head, it is very easy for young people to catch them.

As you probably know, head lice are passed from person to person by direct contact, so every member of the family should be checked. The most common symptom is itching at the back of the head or neck. Check for tiny white empty shells (nits) on the hair near the scalp, at the back of the neck and behind the ears. Head lice need warmth to survive so like to set up home in a warm head of hair. The average infected head has around 10 lice. The females lay eggs on the base of the hair, close to the scalp. They hatch within a week and, if you don't check for or treat them, they increase in number very quickly. By following the steps below you can take care of the problem:

A. Treat any family member with head lice at once.

Treatment for head lice comes in lotions or shampoos which you can get from your local pharmacy. Crème rinses or lotions stay on the hair like a conditioner and are very effective in killing lice. Your local pharmacist will suggest a suitable treatment.

B. Once you have treated and cleared your child's head lice you should remember the following:

- Use a fine comb to check your child's hair every time their hair is washed (a free comb is provided with some head lice products).
- Tell your child not to use other people's combs or brushes.
- Head lice are a community problem. It's nothing to be embarrassed about. We can all help to keep the problem under control.

Thank you for your prompt attention. I would be grateful if all parents/guardians could check their child/childrens' hair this evening.

Kind regards,

Rory O'Donnell
Principal