

Beaver Road Primary School

First the bad news ...

The first time it happens, you are over-whelmed with horror.
Verminous parasites are living on your children's' heads!

All parents and carers are pretty unanimous on the bad news: those chemical de-bugging sprays and lotions do not always work. The little beasties keep coming back.

So what should I do?

The only thing that really gets rid of head lice is good old-fashioned elbow grease.

- Buy a nit-comb (they are available on prescription, too)
- Buy the biggest bottle of the cheapest hair conditioner you can find and then use **the Wet Combing method**.

What is the Wet combing method?

This method is very safe. It is cheap, and works well. All you need is your large bottle of hair conditioner, a nit comb, and some time and patience. (It is best to ask someone to help you.)

1. Wash the hair with your usual shampoo
2. While the hair is wet, apply plenty of hair conditioner
3. Comb the hair using a fine nit comb.
 - comb from the roots upwards
 - check the comb for lice, and clear them away, after each sweep
 - comb all your hair, a little at a time, carefully,
4. Repeat this every 3 days for 2 weeks to get rid of any newly hatched lice.

Remember to check and then if necessary treat **everyone** in the family.

With a little time and effort, you can get rid of head lice, safely, cheaply, and without using any chemicals.

For more detailed advice and information you may wish to visit
www.headlice.org.uk

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Nit Myths

Myth 1

Nits prefer clean hair

They are not bothered. Clean, dirty, it's all the same to them: it's the hair and the scalp they go for, not the state it's in. But some parents did not like the fact that nits were associated with poverty, so when their children started coming home with them, the clean hair theory took off.

Myth 2

Nit nurses would reduce the problem

They did not make any difference.

The head lice population was unaffected by the careers of hundreds of Nitty Noras.

Myth 3

This is the nit season

There is no nit season. Head lice like the warmth of the human head, and there is not much change in scalp temperature between summer and winter. There is research suggesting nit seasons exist, but evidence is contradictory - suggesting they are, in fact, a year-round phenomenon.

Myth 4

Adults do not get nits

There is a bit of truth behind this one. Head lice are less common in adults than children, and more common in primary than secondary schoolchildren. But adults do get lice, as many teachers and parents can testify.

Myth 5

Nits make your head itchy

Not always. Some people have nits but not itchiness - some children who have a long-term nit problem seem to become almost immune to the sensation of itching.