



## **HEAD LICE POLICY**

Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

Head lice can make your head feel:

- itchy
- like something is moving in your hair

They do not cause harm or ill health but can cause distress and discomfort to a child. Therefore, Little Steps have the following policy in place to ensure the welfare of all children and staff at the setting.

### **If you notice your child has confirmed head lice**

If you notice that your child has head lice, please let a member of staff know, so that they can monitor any potential 'break-outs' and inform parents accordingly via the Family app.

Please treat your child's head lice the day you find them, to prevent spreading to your family, their friends at nursery and the staff.

### **If Little Steps staff notice your child has head lice**

- Little Steps staff will inform you at collection if they suspect your child may have head lice and ask you to begin treatment.
- If head lice are detected for a **second time** within a **7 day period**, you may be called to collect your child early, so treatment can be started immediately.
- If head lice continue to be a problem for **2 or more weeks**, you may be requested to keep your child at home for 7 consecutive days to ensure the whole family can be treated effectively.

### **How to get rid of head lice**

- Treat head lice as soon as you spot them.
- You should check everyone in the house and start treating anyone who has head lice on the same day.

### **Wet combing**



Lice and nits can be removed by wet combing.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

### **Medicated lotions and sprays**

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.