



Wyoming Public School

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No Nit Thursday

Were you aware that?

- about 23% of primary students have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- Kids with headlice don't always scratch.
- head lice move from one person's head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

What can we do to help?

At Wyoming Public School we would like to introduce a No Nit Thursday initiative where parents are encouraged to get into the habit of checking the hair of everyone in their household every Thursday and treat if required

What are the treatment Options?

Comb and conditioner method	Commercial lice treatment
<ol style="list-style-type: none">1. Sit your child in a low position in front of you and put on a video or DVD for your child to watch while you work2. Apply lots of conditioner to the scalp and massage it through all hair shafts. Lice live close to the scalp, so make sure that you cover the hair shaft close to the scalp. Combing will spread the conditioner onto the rest of the length of hair. Every hair has to be coated to ensure it reaches the lice3. When the hair is detangled and manageable, use a fine lice comb to	<p>A commercial lice treatment (available from your local chemist) can be effective, but you will need to read the label and follow the safety instructions carefully.</p> <p>Generally treatment must be applied twice (one week apart) to catch all growth stages of the lice.</p> <p>When using a lice treatment only treat the heads that actually have head lice or else you are really just contributing to lice resistance of treatment to products.</p>

<p>comb out each section several times</p> <p>4. After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel</p> <p>5. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove</p> <p>6. Once you have combed and re-combed each section of hair, either re-plait or tie it back.</p>	
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How to help prevent nits?

- Tie and plait your child's hair back
- Tell your child not to share hats or clothes
- Participate in the **No Nit Thursday** initiative by checking hair every Thursday and treating if required

More Information?

Please see www.health.nsw.gov.au

