

HEAD LICE & NITS – HOME ACTION CHECKLIST

For Parents and Carers of [Class Name]

Please follow this step-by-step checklist as soon as possible to help stop the spread of head lice in our class.

-  1. CHECK YOUR CHILD'S HAIR THOROUGHLY
 - • Use a fine-toothed lice comb on wet, conditioned hair.
 - • Check near the scalp, behind the ears, and at the nape of the neck.
 - • Look for live lice (tiny crawling insects) and nits (white/yellow eggs stuck to the hair).
-  2. IF YOU FIND LICE OR NITS: START TREATMENT IMMEDIATELY
 - • Use a head lice treatment recommended by your pharmacist or GP.
 - • Follow instructions carefully (often 2 treatments, 7 days apart).
 - • Comb daily to remove lice and nits.
-  3. TREAT ALL AFFECTED FAMILY MEMBERS
 - • Check everyone in the household.
 - • Treat only those with confirmed lice or nits.
-  4. CLEAN PERSONAL ITEMS
 - • Wash pillowcases, hairbrushes, and hats in hot water.
 - • Vacuum sofas and car seats if needed.
 - • Lice don't live long off the scalp, but this helps prevent re-infestation.
-  5. REPEAT TREATMENT & FOLLOW-UP CHECK (DAY 7)
 - • Treat again on Day 7 to kill any newly hatched lice.
 - • Keep checking every few days for 2 weeks.
-  6. CONTINUE WEEKLY CHECKS
 - • Make checking for lice a regular part of your routine.
 - • Catching them early stops them spreading.

REMEMBER:

- Your child must be treated before returning to school if lice or nits are found.
- Consistent checking at home is the best way to stop this cycle.

More advice:

Visit <https://www.nhs.uk/conditions/head-lice-and-nits>