

Once a week take a peek

DEAR PARENT/GUARDIAN

Our school is supporting the Once a Week, Take a Peek campaign, which aims to encourage parents to work together to beat head lice.

Head lice are a normal part of childhood –with as many as one in ten children experiencing head lice at any time. Although anyone can get head lice, they are particularly common amongst children of primary school age, who spend more time in close contact with their friends. So you need to be vigilant and check your child's hair regularly, ideally once every week. The best known symptom is itching, but not all children will itch at first so don't rely on this. Leaving lice untreated can be a cause of distraction and irritation for children.

The good news is that you can deal with head lice quickly and easily if you take the right action. To help you with this we are sending you a copy of the **Once a Week, Take a Peek leaflet**, which is provided for free. The advice in this leaflet is in line with the latest guidelines on how to deal with head lice, and the content is approved by the Medical Entomology Centre, one of the world's leading authorities on head lice.

As a bit of fun and to help you test your knowledge of head lice, why not do this little 'true or false' quiz with your children. The answers are at the bottom of the page.

All the best



- 1 Head lice can jump from one child's head to another **True** or **False**
- 2 Head lice are wingless insects that hold onto the hair, feeding from the blood in the scalp **True** or **False**
- 3 A child with clean hair cannot get head lice **True** or **False**
- 4 Head lice range in size from a full stop to a sesame seed **True** or **False**
- 5 Nits are the empty egg cases left on the hair after the lice have hatched **True** or **False**
- 6 Head lice can be commonly caught by sharing things like hairbrushes, towels or bedding **True** or **False**
- 7 Animals can carry and pass on head lice **True** or **False**

1: False, 2: True, 3: False, 4: True, 5: True, 6: False, 7: False

