

## National Bug Busting Awareness Days 2025



Head lice are a common problem in schools, especially in Primary schools. Head lice move from person to person from head-to-head contact which is common in young children. They are not caused by dirty hair.

To keep the school community free of head lice, it has proven to help if everybody does a regular bug check, and the National Bug Awareness days are a reminder to do that.

The first one this year is **January 31<sup>st</sup>**.

Signs of headlice include an itchy head and finding live lice in your hair. You do not need to see your GP. Use a fine-toothed comb on wet hair. You can purchase special combs from the local pharmacy or online. If you find headlice in any member of the family, the whole family needs to be checked.

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, using the detection comb, from the roots to the ends
- When you've finished combing the hair, comb through all the hair again for a second time.  
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.

### Further information:

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

<https://www.nittygritty.co.uk/>

<https://www.youtube.com/watch?v=pGJTyreQ5JM&t=3s>

### Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

**07312 263 080**

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

