

Date: \_\_\_\_\_

Dear Parent/Guardian

There has been an outbreak of head lice in the area and the school is recommending that each child be thoroughly examined at home for signs of head lice or nits. Please check your child's hair for:

- Live lice (off white or dark red/brown insects) crawling around on the scalp or hair shafts
- Live nits (yellowish white eggs) usually found within 1cm of the scalp attached to the hair shafts
- Dead nits (brown or black eggs) and hatched eggs (white and flat, like grains of salt or dandruff) usually found further than 1cm from the scalp attached to the hair shafts

If your child is found to have head lice we recommend using **NitWits**, an all natural head lice treatment that is effective in the removal of head lice and their eggs (nits). Kind on kids but not so nice to lice, the NitWits Head Lice Solution is a simple 2-step process which involves:

1. Using NitWits Head Lice Foam to help remove head lice naturally, gently and effectively.
2. Applying the NitWits Combing Solution to detangle and condition the hair and using the NitWits Head Lice Comb to comb out head lice and eggs. The Nitwits Head Lice Comb has detangling teeth to easily and gently remove knots as well as a 5 x magnifying glass for simple identification of both head lice and their eggs.

With natural ingredients such as botanicals and essential oils Nitwits is safe and readily available from Coles, Woolworths, Priceline and leading pharmacies.

Head lice are not fussy, they are only too happy to take up residence on any head regardless of their age, sex, or how clean their hair is. In fact, head lice actually prefer clean hair and are quite content spreading themselves around the entire family.

We strongly recommend checking your child's hair on a weekly basis as early detection makes treatment and control of head lice a lot easier. This will also help to prevent the stress and hassle of removing head lice and keep the whole family lice free.

You will find answers to some common questions on head lice overleaf but if you require more information please visit the [www.nitwits.com.au](http://www.nitwits.com.au) website for a more detailed explanation of the head lice lifecycle and the answers to many frequently asked questions on lice & nits.

I appreciate your assistance

Yours sincerely

## **COMMON QUESTIONS ABOUT HEAD LICE AND NITS**

### **What is the difference between NITS and LICE?**

NITS are the eggs laid by an adult louse. They are normally a pale yellowish white colour and when just laid they are found close to the scalp at the base of the hair shaft. LICE are tiny wingless insects that survive on the human head by sucking blood from the scalp. Head lice have 6 legs with claw like ends that assist them to climb along the hair shaft. They are normally translucent (appearing whitish in colour but turn a dark red/brown colour once they have fed on some blood. Lice are extremely small insects (about the size of a sesame seed) and this is why they are so hard to detect.

### **How do I know if my child has lice?**

Lice generally cluster around the back of the neck and behind the ears. When they suck blood from the scalp, it sometimes causes irritation and hence your child may begin scratching their head or complaining of an itchy scalp. However, not everyone with head lice experiences the itching! So now that you know what nits and lice look like, it would be a good idea to check your child's hair especially at the scalp for an infestation of these little creatures! Why not make it part of your weekly routine?

### **How does my child get lice?**

Next to the common cold, the world's second most communicable disease is head lice (State Government of Victoria, Australia). Even though lice can't fly or jump from person to person they move from one person's head to the next in a number of ways including:

1. Head to head contact
2. Sharing of infected items like hats, helmets, hair brushes, combs, hair ties etc.
3. Pillows and headrests (this is not as common but still possible)

### **How can I prevent my child getting lice?**

1. Use a preventative such as NitWits Natural Combing Solution on your child's hair every day. Smooth a small amount on to the hair and comb through just before school – head lice hate the smell!
2. Tie back any long hair. Plaits are an effective way to make entry to the hair as difficult as possible for lice.
3. Encourage children not to share personal items like hats, combs, brushes, hair ties.

### **How can I remove Head Lice easily, quickly and effectively?**

The NitWits Natural Head Lice Solution provides an easy and effective way to remove Head Lice. It's as easy as following these 2 simple steps:

1. Use NitWits Natural Head Lice Foam to saturate the hair from root to tip. Massage well and leave for 30 minutes. The foam is no drip so your child can continue doing what they do best for the 30 minutes. Do not rinse.
2. Leaving the foam in the hair, apply NitWits Natural Combing Solution and detangle any knots that have formed with the detangling teeth on the NitWits Head Lice Comb. Divide the hair into 4cm wide sections and comb from root to tip using the metal teeth on the NitWits Head Lice Comb. Wipe any lice or nits off the comb on to a tissue. Continue combing until no lice or nits are apparent then rinse thoroughly with warm water.

**DON'T FORGET!** Lice eggs (nits) normally hatch in around 7-10 days, so be sure to repeat the above process 7 days after the initial treatment just in case any nits were left behind.