

Boys' Primary School

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Primêre Seunskool

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Posbus 141
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Circular 10/2010

19 Februarie 2010

Dear Parents

RE : HEAD LICE

It has come to our attention that head lice have once again made an appearance in our school. Please check your family's hair carefully.

The following information may be of assistance to you:

School children play together and are in close contact with each other for the greater part of the week. In these circumstances it is possible for head lice to appear amongst them rapidly, so constant supervision and unremitting care on the part of the parents is required to prevent the condition developing into an epidemic.

An infestation with head lice is often accidentally acquired by children who are perfectly clean and well cared for. If the condition is neglected, troublesome complications can occur.

The head louse is a parasite that can only survive on the human scalp. It feeds on blood sucked from the scalp and the female lays her eggs (nits) on the hair shaft adjacent to the scalp. The nits look like shiny white specs about 1 mm in diameter. They are firmly attached to the hair shaft and cannot be removed by combing or washing as for instance in the case of dandruff. Nits take 7 to 10 days to hatch, so **it is imperative to treat the affected hair at weekly intervals until there are no more nits.**

Prevention :

1. Every school child should wash his or her hair at least once a week in warm water with soap or shampoo.
2. Children must be taught to brush or comb their hair daily and brushes and combs should not be shared with other children.
3. Parents should examine their children's hair once a week for lice or nits.
4. When there is widespread manifestation of the condition it is advisable to comb the hair of all the children in the family with a fine-toothed comb daily to be on the look out for nits.

Treatment :

There are special shampoos available from the chemist that will kill the lice and they can be combed out with a very fine-toothed comb. "Para special lice spray", "Lice Away" and "Gambex" shampoo, are some suggestions.

Best wishes

H. ARANGIES
Principal

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Omsendskrywe 10/2010

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Geagte ouers

INSAKE : KOPLUISE

Dit het onder ons aandag gekom dat kopluiwe weereens in ons skool kop uitgesteek het. Sal u asseblief toesien dat u familie nie besmet is nie. Die volgende inligting kan u help om die probleem op te los.

Skoolkinders speel saam en kom vir die grootste gedeelte van die week in noue aanraking met mekaar. Onder hierdie omstandighede is dit moontlik dat kopluiwe vinnig onder hulle kan versprei. Ouers moet voortdurend op hulle hoede wees en toesig uitoefen om te voorkom dat hierdie toestand tot 'n epidemie ontwikkel.

Kopluiwe kan opgedoen word deur kinders wat heeltemal sindelik en goed versorg is. As die besmetting verontagsaam word, kan dit baie lastige gevolge hê.

Die kopluis is 'n parasiet wat net op die mens se kopvel kan bestaan. Sy voeding is bloed wat uit die kopvel gesuig word en die wyfie lê haar eiers (nete) op die haarskagte teenaan die kopvel. Die nete vertoon as blink, wit spikkeltjies omtrent 1 mm in deursnee. Dit kleef vas aan die haar en kan nie afgekam of afgewas word soos bv. skilfers nie. Die nete neem 7 – 10 dae om uit te broei, daarom is dit noodsaaklik **dat besmette koppe weekliks behandel moet word totdat daar geen nete meer is nie.**

Voorkoming :

1. Elke skoolkind moet minstens een keer per week sy of haar hare in warm water met seep of haarwasmiddel was.
2. Kinders moet geleer word om hulle hare daaglik goed te kam of borsel en nie kamme of borsels met ander kinders te deel nie.
3. Ouers behoort een keer per week hul kinders se hare deur te kyk vir besmetting met luis of nete.
4. Wanneer daar 'n algemene plaag van die toestand ontstaan, is dit raadsaam om daaglik alle kinders se koppe tuis met 'n fynkam te kam en op te let vir nete aan die hare.

Behandeling :

Daar is spesiale sjampoe by 'n apteek beskikbaar wat die luis doodmaak en dit kan uitgekam word met 'n fynkammetjie. Die volgende sjampoe word aanbeveel : "Lice Away", Gambex en "Para special lice spray".

Vriendelike groete

H. ARANGIES
Prinsipaal