



Eastfield Academy takes part in **National Bug Busting Days: 31 January, 15 June and 31 October, every year.**

All children, staff and families are encouraged to wet comb on these days, as recommended by NHS Choices. House points are awarded to everyone who takes part.

Wet combing

Wet combing involves removing head lice with a special fine-toothed comb. It's suitable for everyone and is relatively inexpensive.

A number of lice removal combs are available to buy. Combs with flat-faced teeth spaced 0.2-0.3mm apart are best for removing head lice, although combs with smaller gaps can be used to remove eggs and nits (egg cases) after treatment.

The comb may come with instructions outlining how to use it. A commonly used method is described below.

- Wash the hair with ordinary shampoo and apply plenty of conditioner.
- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time – remove lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas, until no more lice are found.
- Repeat this procedure on days five, nine and **Detection combing** should be done on day 17, to check for any live head lice.

<http://www.nhs.uk/conditions/head-lice/pages/treatment.aspx>

<http://www.chc.org/>