



BUG BUSTING

In line with what other local and UK schools are doing to control the spread of headlice, MCM is continuing to participate in the Bug Busting scheme. This continues to be the most effective method to stop the spread of head lice.

Research has shown that school nurse checks are ineffective as headlice can hide in dry hair.


Headlice have become resilient to many chemicals. The most effective method of removing lice is the wet combing method with conditioner. This **MUST** be carried out over a **TWO WEEK** period to ensure the cycle of lice development is broken.

To make this work, we will need your co-operation at home. If EVERY FAMILY can be socially responsible and check their child for headlice and nits we can help to stop the spread of lice.

All family members should be 'wet combed' using their usual shampoo and any conditioner. Please follow the illustrated step-by-step instructions.

If you find any lice on Day 1, remove the lice by 'wet combing'. You will then need to repeat 'wet combing' the hair on Day 5, Day 9 and Day 13 to break the cycle and get rid of all lice.

There is no need to keep a child off school during Bug Busting.




Bug Buster
ordinary Shampoo
Conditioner

Wash, rinse, condition and Bug Buster comb will leave the lice without a home!


4 Slot the teeth into the hair right at the roots and draw to the tips.

5 Check the Bug Buster comb for lice in the foam between each stroke and remove them.

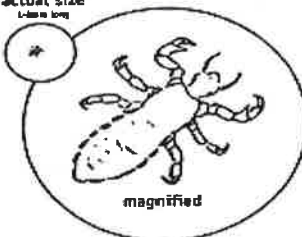


1 Often there are very few lice on a head and no itching.

2 Wash your hair as usual and rinse.




actual size
1-mm long



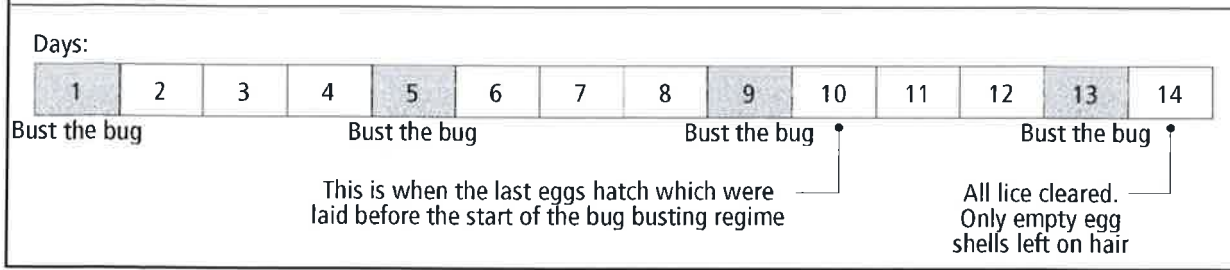
magnified

6 Rinse well and repeat in the really wet hair. Learn how to do this yourself as you get older.



Soaking wet lice stay still; even baby lice cannot escape the Bug Buster!
The wetter, the better!
Parents: check the whole family

Figure 2 The Bug Busting Schedule



For more information on Bug Busting please visit www.chc.org There is a short video presentation explaining how to Bug Bust.

Bug Busting combs are available for sale (RM10/ SG\$4) at the Prep School Sani and from Mr Mooney's PA.

We look forward to your participation in making the College a louse free zone.

Useful links:

<http://www.onceaweektakeapeek.ie/Default.aspx> A good habit would be to check once a week to make sure there are no nits.

<http://www.nittygritty.co.uk/site/home.asp> The "nittygritty" comb is brilliant!

<http://www.telegraph.co.uk/news/health/children/11812132/Six-alternative-ways-to-eliminate-nits.html> Interesting article on alternative methods.

The following article was taken from Demystifying Pediculosis: School Nurses Taking the Lead PEDIATRIC NURSING/September-October 2014/Vol. 40/No. 5

Lice 101: Myths and Realities about Head Lice

Definitions	
Lice: More than one louse.	Nit: Eggs, dead or alive, of a louse
Louse: Small insect that lives on the scalp.	Parasite: Lives off another, in this case the blood of humans.
Pediculosis: Having an infestation of lice.	Infestation: Having an insect present, in this case, in your head.
Myths	Truths
Head lice are easy to get.	Lice are spread only mainly by head-to-head contact. They are much harder to get than a cold, flu, ear infection, pink eye, strep throat, food poisoning, or impetigo.
You can get lice from your dog, guinea pig, or other animal.	Lice are species-specific. You can only get human lice from another human. You cannot get another animal's lice.
You can get head lice from hats and helmets.	Rarely, but possible. Hairbrushes, pillows, and sheets are also uncommon modes of transmission.
School is a common place for lice transmission.	School is an unlikely source of transmission. Much more common are family members, overnight guests, and playmates who spent a large amount of time together.
Poor hygiene contributes to lice.	Hygiene makes absolutely no difference. You get lice by close personal head-to-head contact with someone else that has lice, not by being dirty.
Lice can jump or fly from one person to another.	Lice can only crawl. They can neither fly nor jump. They must crawl from one person to another.
Any nits left in the hair can cause lice to come back.	Any nits farther away than one quarter to one half on the hair shaft are ALREADY HATCHED and pose no risk to others.
Eggs or nits can fall out of the hair, hatch, and cause lice in another person.	Nits are cemented to the hair and very hard to remove. They cannot fall off. Newly hatched lice must find a head quickly or will die.
Lice can live a long time.	Lice live only 1 to 2 days off the head. Each louse only lives about 30 days on the head.
All members of a family should be treated if one person has lice.	Only the person with lice should be treated. Lice shampoos are INSECTICIDES and can be dangerous if used incorrectly or too frequently. Household members and close contacts should be checked, but only treat those who actually have lice. The house should NOT be sprayed with insecticide, nor used on clothing or other items.
Checking a classroom when one student has lice can prevent lice from spreading.	Classroom transmission is EXCEEDINGLY RARE and checking students is a waste of valuable teaching time. Checking family members and close playmates is much more appropriate.
Avoiding lice is important as they spread disease.	Head lice do not spread any known disease. They are annoying and irritating, but not dangerous.