

## Information regarding Head Lice (Shirami: しらみ)

Head lice are insects that live on the human scalp and feed on blood. This biting causes intense itching. Head lice do not jump or fly, and they do not live on pets or animals other than humans. They lay eggs (nits), which are attached to the hair shaft and hatch in about 10 days.

Anyone can get head lice. Young children are particularly at risk because a school environment provides many opportunities to pass lice from one person to another, no matter how clean the environment is. A child's infestation does not reflect poor hygiene or lack of household cleanliness, but rather a child's socialisation and play habits. Please note that this is not simply a school problem, it is a community problem.

Please see the following website for up-to-date information concerning this illness:

NHS Direct - <http://www.nhs.uk/conditions/head-lice/pages/introduction.aspx>

In line with NHS guidance students are now no longer sent home from school if they have head lice.

If you have trouble accessing these websites or would like any further information please contact the School Nurses.

Nurses can be contacted on:

Email – [nurses@bst.ac.jp](mailto:nurses@bst.ac.jp)

Shibuya Medical Room – 03 5467 4366

Showa Medical Room – 03 3411 4213

Pictured right is the special shampoo for head lice that you can get at most chemists in Japan without prescription, it's called 'sumisurin' and costs around 2,800 yen.



Best regards

The British School in Tokyo  
Health & Safety Office