

## 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.

The School's policy is that a child should not be in school if he/she has head lice. When detected in school, we will ask a parent to collect their child at the earliest convenience and keep him/her at home until head lice and nits have been cleared. The child needs to be checked by me, the school nurse, before he/she returns to the class.

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>

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

Ayako Hashimoto, Mariko Toyoshi & Arisa Inoue – [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.

Also we keep some special shampoo at the health centres in Shibuya & Showa. Please let us know if you would like to purchase some, bottles cost 3,000 yen.



Best regards

The British School in Tokyo  
Health & Safety Office