**Míolta Gruaige/ Head Lice**

A Thuismitheoir(í)/ Chaomhnóirí,

Táimid ag iarradh ar gach clann sa scoil gruaig a bpáistí a sheiceáil le linn an deireadh seachtaine seo. Tá sé rí-thábhachtach go ndéanfar gach dalta sa scoil a sheiceáil**. Croch suas an litir seo in áit sábháilte sa mbaile le go mbeidh tú in ann teacht air nuair a bhéas sé ag teastáil uait arís.** Beidh sé le fáil ar an suíomh idirlíon scoile, [www.gsmhicamhlaigh.ie](http://www.gsmhicamhlaigh.ie) faoi íoslódálacha. Má fhaightear míoltaí gruaige, ba cheart cóir leighis a chur ar na paistí cuí láithreach.Tá an scoil ag tabhairt tacaíocht don modh “Bug Busting”[[1]](#footnote-1), a bhí pléite i roinnt seisiúin eolais i nGaelscoil Mhic Amhlaigh.Tá cur síos ar an modh Bug Busting thíos. Tá sé riachtanach go n-oibreodh gach tuismitheoir/caomhnóir lena chéile mar fhoireann chun cosc a chur le míoltaí gruaige sa seomra ranga. Is córas aithint agus cóireáil saor ó cheimicí é an modh Bug Busting a fhaigheann réidh le míoltaí gruaige agus uibheacha neamh-ghortha ar bhealach éifeachtach. Braitheann an modh Bug Busting ar ghnáth-fheabhsaitheoir, a chuirtear ar ghruaig fliuch agus sraith cíortha, chun míoltaí gruaige a aithint agus a chóireáil. Tá sé tábhachtach a thuiscint **nach n-oibríonn sé nuair a dhéantar gruaig tirim a sheiceáil i gcomhair míoltaí gruaige.** Is féidir leis an gclann ar fad an Bug Busting Kit a úsáid agus tá sé ar fáil sna siopaí poitigéara áitiúla.

D’fhéadadh sé tarlú go mbeadh tuismitheoirí ag iarradh leanúint ag úsáid lóiseanna chun cóir leigheas a chur ar míoltaí gruaige ach iarrtar orthu comhairle poitigéara a fháil agus na treoracha a leanúint go cúramach.

**Le do thoil, lean na céimeanna seo a leanas chun gruaig do pháiste a sheiceáil :**

1. Nigh an ghruaig le gnáth-seampú agus sruthlaigh.
2. Cuir neart feabhsaitheoir ar an ngruaig.
3. Déan an ghruaig a chíoradh ag úsáid **an cíor fiacla leathan** ón’ Bug Busting Kit’.
4. Athraigh chuig **an cíor Bug Buster buí** ag déanamh cinnte go bhfuil sé suite i gceart, leis na focail atá priontáilte ar an gcíor taobh leis an bplaite. Cíor díreach isteach sna fréamhacha, ag buaileadh in aghaidh an plait go bog. Ar pháiste beag, úsáid **an mion-chíor Bug Busting.**
5. Tarraing an cíor Bug Buster tríd an ghruaig.
6. Seiceáil an cíor i gcomhair míoltaí sa gcúr feabhsaitheora idir gach buille. Bain aon míoltaí den chíor tríd é a ghlanadh le páipéar cistine nó é a ghlanadh faoi sconna atá ag rith. Cuir paipéar le míoltaí air isteach i mála plaisteach agus fáigh réidh leis nuair atá tú críochnaithe.
7. Lean ort ag cíoradh an ghruaig píosa ar phíosa, ag bogadh ar aghaidh go dtí an chéad cuid eile den ghruaig nuair atá an cíor iomlán saor ó mhíoltaí. Cuir uisce te tríd an ghruaig go minic chun é a choinneáil fliuch, más gá.
8. Cur uisce ar an ghruaig go dtí go mbeidh sé fliuch báite. Úsáid**ancíor le fiacla leathan** chun an ghruaig a chíoradh arís.
9. Déan an mhion-chíoradh arís sa ghruaig ag úsáid an mion-chíor Bug Busting, chun aon míoltaí a chaill tú a fháil. Brú míoltaí atá gafa idir na fiacla le cipín manglaim nó le scuab ingne agus faigh réidh leo - beidh na míoltaí seo gníomhach níos sciapaidh ná na míoltaí atá báite sa bhfeabhsaitheoir.
10. Nuair atá an ghruaig saor ó mhíoltaí agus fós fliuch, **úsáid an cíor Nit Buster corcra**. Ó tharla go bhfuil an gruaig síodúil, tiocfaidh blaoscanna snige ón ngruaig go héasca.
11. Nuair atá a fhios agat go bhfuil míoltaí gruaige ag duine amháin den chlann, déan Bug Busting ar an gclann ar fad agus cur é in iúl do na cáirde is gaire daoibh. Na déan dearmad gur féidir le míoltaí gruaige a bheith ag daoine ar feadh 4-6 seachtaine sula dtosóidh an tochas. Mar sin, déan cinnte go ndéanann tú Bug Busting ar an gclann ar fad. Ba cheart go ndéanadh an chúramóir é/í féin ar deireadh.
12. Déan seisiún Bug Busting arís trí n-uaire, ag fágáil 3 lá iomlána idir gach lá Bug Busting. San iomlán, beidh ceithre Seisiún Bug Busting thar 2 seachtain le déanamh. Gheobhaidh sé seo réidh le haon míoltaí ag teacht amach as aon uibheacha sular féidir leo scaipeadh nó atáirgeadh.
13. Muna ndéantar cóir a chuir ar ghruaig gach páiste sa rang, nó muna ndéantar i gceart é, tá gach seans ann go dtiocfaidh na míotaí gruaige ar ais. Má fhaightear míoltaí gruaige lán fhásta tar éis an chéad seisiúin Bug Busting, caithfidh tú trí seisiún eile a dhéanamh ón am a fháightear iad.

**Is féidir le tuismitheoirí agus caomhnóirí cosc a chur le scaipeadh míoltaí gruaige. Déan do pháiste a sheiceáil an deireadh seachtaine seo le bhur dtoil agus cur cóir leighis orthu más cuí.**

Dear Parents/ Guardians,

We are asking all families in the school to check their child’s hair for head lice **during this weekend**. It is important that all the children in the school are checked for head lice during this weekend. **Please keep this letter in a safe place so that you can refer to it when checking your child’s hair**. It will also be available on the website [www.gsmhicamhlaigh.ie](http://www.gsmhicamhlaigh.ie) under downloads. Where head lice are found, the affected children should be treated immediately. Following information sessions held in Gaelscoil Mhic Amhlaigh, the school is supporting the Bug Busting Method[[2]](#footnote-2), which is described in detail below. The Bug Busting Method is a chemical-free detection and treatment system that allows the safe and effective eradication of head lice and their associated un-hatched eggs. The Bug Busting Method relies on using ordinary conditioner, applied to wet hair, and a series of combs, to identify and treat head lice. **It is important to note that checking dry hair will not guarantee the detection of head lice.** A multi-use Bug Busting Kit that can be used by all the family is available in local pharmacies.

Parents may wish to continue to use lotions to treat head lice but are advised to do so only after consulting a pharmacist and are urged to follow the instructions carefully.

**Please follow the steps below when checking your child’s hair this weekend:**

1. Wash your child’s hair with shampoo as normal and rinse.
2. Apply a lot of conditioner.
3. Using the wide tooth-comb from the Bug Busting Kit, untangle and straighten the hair.
4. Switch to the yellow Bug Buster Comb, ensuring the comb is correctly positioned, with the words printed on the comb held to the scalp. Comb right to the roots, touching the scalp gently. On a small child use the mini-Bug Buster comb.
5. Draw the comb through to the tips of the hair.
6. Check the conditioner foam for lice between each stroke. Wipe the comb on kitchen paper or by rinsing under the tap. Kitchen paper with lice on it can be placed in a plastic bag and disposed of later.
7. Continue to comb the hair section by section, moving on only after the comb is louse-free. If necessary, spray the hair regularly with warm water to keep it wet.
8. Rinse the hair well, leaving it dripping wet. Using the wide tooth comb again, untangle and straighten the hair
9. Repeat the fine combing of the rinsed hair with the mini-Bug Busting comb, to find any remaining lice. Remove lice caught between the teeth of the comb using a cocktail stick or a nail brush and dispense of safely – please note that these lice will become more active more quickly than the lice bathed in the conditioner.
10. When the hair is louse free and still wet, switch to a purple Nit Buster comb. Now that the hair is silky, unsightly nit shells will comb off comfortably.
11. Once you have established one family member has lice, Bug Bust the whole family and inform close friends. Remember people can have lice for 4 to 6 weeks before itching starts, so ensure the whole family and lastly, the care giver are Bug Busted.
12. Repeat the Bug Busting session three more times, leaving three complete days between Bug Busting days, which will give a total of four Bug Busting sessions over two weeks. This method will remove any lice hatching from eggs before they can spread or reproduce.
13. In the event that not all children in the class are treated for head lice or are ineffectively treated, a re-infestation is possible. If any full grown lice are detected after your first Bug Busting sessions, you must continue Bug Busting again for three more sessions from the time they are found.

**By working together parents and carers can control the spread of head lice. Please check your child this Weekend and treat as appropriate.**

**Ní neart go cur le chéile**

**Ag súil le tacaíocht gach éinne**

1. Community Hygiene Concern 1998-2008 [↑](#footnote-ref-1)
2. Community Hygiene Concern 1998 - 2008 [↑](#footnote-ref-2)