



Llau pen

O bryd i'w gilydd 'rydym yn cael achosion o lau pen yn ail-godi yn yr ysgol.

Y dyddiau yma nid yw'r nyrs ysgol yn archwilio pennau plant felly mae'r cyfrifoldeb yn disgyn ar y cartref i gadw golwg ac i ddileu'r broblem.

Er mwyn dileu'r broblem mae'n rhaid i bawb gyd-weithio. Cribwch wallt eich plentyn am lau pen, gan rannu'r gwallt yn ddarnau bach, gan fynd yn ôl o bryd i'w gilydd i'r un darnau er mwyn bod yn siŵr.

Lle i edrych:

- Yn agos at groen y pen
- Y tu ôl i'r clustiau
- Cefn y gwddf
- Top y pen
- O dan rimyn y gwallt

Archwiliwch wallt eich plentyn yn rheolaidd a'i drin ar unwaith os caiff llau byw eu darganfod.

Diolch am eich cydweithrediad

Am fwy o wybodaeth ewch i wefan www.nhs.uk/Conditions/Head-lice

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Head lice

Occasionally we have re-occurrences of head lice in our school. School nurses no longer check children's hair so the responsibility falls on the home to check and to eradicate the problem.

To help eradicate the problem everyone has to cooperate.

Comb for lice, parting hair in small sections, and return from time to time to areas you've already covered just to make sure.

Where to look:

- Close to the scalp
- Behind the ears
- Back of the neck
- Top of the head
- Under the fringe

Check your child's hair every week and treat immediately if any live lice are discovered.

Thank you for your cooperation.

For more information go to www.nhs.uk/Conditions/Head-lice

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