

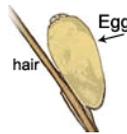


Spring is here! Many students participate in sports and outdoor activities this time of year which often brings an increase in cases of head lice. Our school follows the guidance of the Health Department and adheres to their recommendations for the identification and treatment of head lice. Please review these guidelines so you can be proactive at home as well. Thank you for your continued support of our school. Together, we can eliminate this nuisance.



### **Lice Descriptions**

- Head lice do not spread disease, nor does their presence mean that your child is unclean. Head lice are not living in your home, on your furniture or in your bedding or on your pets. Without blood from your head, head lice can only live 24-48 hours. They need your head to live, colonize and lay eggs.
- Head lice are small grey-white about 2 mm-3 mm in length (about the size of a sesame seed). They are wingless insects and do not fly or jump. They are usually passed through direct head to head contact.
- A female adult louse can lay 3-8 eggs per day. Nits (head lice eggs) take 7-10 days to hatch and 7-10 days to become an adult louse, at which point they can start laying eggs themselves.
- Nits are attached firmly to the hair shaft like glue, and always oval in shape. Nits do not easily move like dandruff. They are usually seen around the ears, nape of the neck, and the crown of the head.



### **10 Suggestions for Parents on Ways to Keep Lice out of Hair**

1. Discuss with children how lice are spread. (head to head contact and sharing personal items).
2. Teach kids not to share personal grooming items, hair decorations, clips, headbands, hats, helmets or clothing.
3. Store coats, hats, backpacks, etc. separately.
4. Pull long hair back into braided ponytails or pigtails. Store hair items separately from each other.
5. Encourage kids to use only their own pillows, blankets, etc.
6. Do not allow kids to lie down or place their heads on the carpets. Vacuum daily.
7. Look around. What items are shared by kids –i.e. headsets, helmets, costumes-that lice can grab onto?
8. Note scratching. Screen suspected cases, and treat those with lice/nits immediately.
9. Notify other parents with whom your kids have had contact.
10. Recheck (re-screen) at least once a week – make it a routine personal care activity.

## Head Lice Treatment

**Check** every member of the family. Use a strong light or go outside in bright light. Lice are hard to spot. Look for tiny white or dark specks (eggs or nits) stuck on hair shaft. Head lice are small, wingless bugs.



**Wash** bedding, towels and clothes that have been in contact with infected person. Use hot (130F), soapy water and dry in hot dryer 25-30 minutes. Linens, toys (e.g., stuffed animals, etc.) that cannot be washed or placed in the dryer may be placed in plastic bags and sealed closed for two (2) weeks to kill lice.



**Soak** combs, brushes and hair items in hot water (130F) for 5-10 minutes.



**Treat** all family members that have lice or nits with head lice treatment shampoo. Obtain one of the several medications intended to kill head lice. Some can be bought over the counter at your local drugstore. You may consult your pharmacist if you need help selecting an over the counter preparation. Some medications may be prescribed by your physician. Change clothing before and after treatment.

**FOLLOW PACKAGE DIRECTIONS** for use and re-treatment guidelines.



**Comb/pick** out all nits. Use a regular comb to remove tangles, and then use a nit comb. Section the hair in one inch widths. Concentrate on one section at a time and comb through a small amount of hair. Remove all nits using the nit comb or fingernails by sliding it off the hair shaft.



**Clean** the environment thoroughly. Vacuum carpet, upholstery, car seats, stuffed animals, etc. Use a lint removal brush for hard to reach areas. Be sure to discard vacuum bag outside.



**Parents** of students who have contracted head lice must bring their child to the school health room to be cleared by the clinic staff prior to re-entry to school.



**Re-Check your child's hair every few days- comb through with a nit comb to ensure your child is free of head lice.**