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Lice at School

Dear Parent/Guardian:

There has been a confirmed case of head lice reported at your child's school. Therefore, please read the following information carefully. Head lice are a common problem, especially among children.

Head lice are tiny crawling insects (1-2 mm long) that live on the scalp and hair, preferring the nape of the neck and behind the ears. They do not fly or jump, however they do move very quickly making them difficult to find in a child's hair. They do not live on pets. Lice lay oval-shaped, grayish-white eggs called nits. Each nit is firmly attached to a shaft of hair close to the scalp by a waterproof, cement-like substance and will hatch in 7-10 days.

The best way to prevent transmission:

- Teach children not to share combs, brushes, hair ornament, hats, caps, scarves, headsets, or any other personal headgear.
- Do not try on other people's hats (even in department stores).
- Teach children to hang coats separately – placing hats and scarves inside coat/jacket sleeves.
- Clean or disinfect shared headgear (i.e., helmets) with Lysol or rubbing alcohol before being used by others. Conduct regular head checks of your child.

Many parents have the impression that only people who are unclean become infested with lice. This is not true. Anyone can get lice. To prevent further spread please follow these recommendations:

1. Examine your child's head carefully for both lice and nits weekly.
2. Treatment: It is necessary to treat the infested individual and his personal articles, e.g., hats, combs, brushes, towels, and bedding. Fumigating or using insecticides in the home, school, and school buses is not recommended by the U.S. Public Health Service.

A. Individual Treatment

1. There are a variety of medicated shampoos available for treatment. To be effective, it is extremely important to apply a head louse medicated shampoo according to manufacturer's directions and leave in for the recommended time.
2. Carefully remove all nits (a special comb designed for nit removal may be purchased). Removal of the nits is important to avoid reinfestation. This is especially important as recently some strains of head lice have become resistant to the medicated shampoo.
3. Have your child put on clean clothing after the treatment.
4. Follow the directions on the medicated shampoo repeating the treatment in 7-10 days if is necessary. All family members and close friends of your child should be examined. Family members who have lice or nits should be treated. A sibling or a parent who share

a bed with an infested child should be treated, even if there is not evidence of infestation at the time of the examination.

B. Clean Up the Environment:

1. Wash in hot water. Machine wash all washable clothing and bed linens in water over 130° F for at least 5 minutes.
 2. Dry in a hot dryer for 20 minutes.
 3. Freeze in the freezer or outdoors: Wrap articles in a plastic bag and place in freezer for about 12 hours or hang outside if the temperature is below 30° F.
 4. Seal in plastic bag for 10 days.
 5. Dry clean.
 6. Soak combs and brushes. Soak in solution of 2-3 tablespoons of lice medication for one hour or soak in hot water (130° F) for 5 - 10 minutes.
 7. Vacuum everywhere to make sure your home is free of lice. Vacuum carpets, pillows, mattresses, upholstered furniture, automobile interiors, etc. Using insecticides or fumigants is unnecessary exposure to chemicals.
3. Your child may return to school as soon as he or she has been treated with a head louse medication, but must check in with the office upon return..

If you have any questions, please feel free to contact your child's school office..