

Dear Parent or Guardian,

Your child was found to have head lice during an examination at school. Head lice do not carry disease, nor does their presence indicate that your child is dirty. However, to prevent further spread in the school, this condition should be treated at once.

DIAGNOSIS

Intense itching is the major symptom of lice infestation.

Visual inspection of the hair and scalp is the best way to detect the actual presence of head lice and eggs. Part the hair and look for tiny whitish oval specks adhering to the hair shafts about ¼ inch from the scalp or lice which are about the size of a sesame seed moving in the hair.

PREVENTION

Avoid head-to-head contact.

Do not share clothing, such as hats scarves, coats, and hair ribbons.

Never use share combs or brushes or towels.

Store hats and coats separately.

TREATMENT

Use on over-the-counter anti-lice shampoo according to the label instructions.

Warning: Do not use a crème rinse or combination shampoo/conditioner before using lice medicine. Do not re-wash hair for 1-2 days after treatment unless instructed to do so by the instruction on the label. Do not leave solution longer than recommended.

Comb out nits after treatment!

Do not use extra amounts of the lice medication unless instructed. These drugs are insecticides and can be dangerous when misused or overused.

Do not treat the infested person more than 3 times with the same medication if it does not seem to work. See your health care provider for alternative medication.

All persons in the household should also be examined for the presence of head lice and treated.

Retreat in 7-10 days or as directed by the instructions on the label. This is the time that any left over eggs will hatch.

Do not treat household contacts for head lice unless crawling lice or nits (eggs) within a ¼ inch of the scalp are found. Check for lice or nits every 2-3 days.

TREAT THE HOUSEHOLD

Head lice do not survive long if they fall off a person. You do not need to spend a lot of time or money on house cleaning activities.

Follow these steps to help avoid re-infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

1. To kill lice and nits, machine-wash all washable clothing and bed linens that the infested person touched during the 2 days before treatment. Use the hot water cycle (130 F). Dry laundry using high heat for at least 20 minutes.
2. Dry clean clothing that is not washable, OR
3. Store all clothing, stuffed animals, comforters, etc., that cannot be washed or dry-cleaned into a plastic bag; seal for 2 weeks.
4. Soak combs and brushes for 1 hour in rubbing alcohol or wash with soap and hot (130 F) water.
5. Vacuum the floor and furniture. **Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.**
6. Head lice do not live on pets.

Please contact me for any questions or concerns. **It is the Big Foot Area Policy that the pupil will be excluded from school until written verification is obtained from the pupil's parent or guardian that the following has been done:**

- a) **The pupil has been treated with a pediculociale shampoo in accordance with instructions provided by the manufacturer of the product.**
- b) **Efforts to rid the house, the family's belongings, and the parent's or guardian's vehicles of head lice have been completed.**

The School Nurse or designated staff member will examine the pupil for lice and nits upon pupil's arrival to school. If no viable nits or lice are found, the pupil may attend school.

Further information about head lice and their treatment can be found at the Centers for Disease Control web site at www.cdc.gov

Tricia Marvin RN
School Nurse