

Dear Parents and Guardians,

Head lice infestation is a common nuisance in the school setting. At some point during your child's school years, it is possible that you may encounter the challenges of a head lice infestation. Controlling the spread of head lice requires collaboration between parents/guardians and school personnel. Lice occurs most commonly in children ages 3-11. The main symptom is itching, but many children with lice do not itch at all! Lice can survive off the scalp for up to 24 hours. Below you will find tips to help identify and control the spread of head lice at home, along with teaming up with your child's school to prevent the further spread of head lice.

AT HOME:

- Instruct your child to avoid head-to-head contact with others. Lice cannot jump; they crawl. Therefore, lice can only pass through direct contact.
- Say "no" to sleepovers until 48 hours after treatment of lice and no living lice are visualized. If there is a lice outbreak at school, put sleepover parties on hold for awhile.
- Tell your child "do not share what's on your hair". No sharing combs, brushes, hats, scarves, bandanas, barrettes, hair bands -- or anything that goes onto your child's head.
- Be sure to check other household members for head lice and treat as necessary.
- Avoid lying on soft surfaces that may have been in contact with an untreated individual such as pillows, couches, carpets, and stuffed animals.
- Be sure to machine wash and dry clothing, bedding, and any other items the individual wore in the 2 days prior to treatment. Hot water (130 degrees) and high heat cycle should be used, or the linens, stuffed animals, pillows, etc must be stored in a sealed bag for at least 2 weeks.
- Vacuum the floors, furniture, and vehicles, especially where the infected person sat or rested.
- **Check your child(ren)'s head for lice weekly**

COLLABORATING WITH YOUR CHILD'S SCHOOL:

- Please inform your child's school if you discover that your child has head lice. Confidentiality will be maintained. This allows other families to be informed, and to check and treat their children in a timely manner.
- The school has information available to assist you with treating your child's head lice. Please follow the instructions on the information that is given. Follow the instructions on the product used to treat head lice **exactly** as the product instructs to do.

HOW TO IDENTIFY LICE AND NITS

- Nits appear as small yellowish or white specks and will be firmly attached to the hair shaft near the scalp; typically at the hairline at the back of the neck or behind the ears. Nits are easily confused with dandruff. Nits are firmly attached to the hair shaft; dandruff will come off the hair shaft easily.
- Live lice do not like light and they move fast. They crawl and do not jump. They are about the size of a sesame seed, and may appear tan or grayish-white.

Please feel free to contact the health office at (920)748-4633

Resources:

"How to help Prevent and Control the spread of Head Lice"

<https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/How-to-Help-Prevent-and-Control-the-Spread-of-Head-Lice.aspx>

"Head Lice: What Parents need to Know"

<https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>

"Head Lice 101 An Overview for School Nurses"

<https://schoolnursenet.nasn.org/HigherLogic/System/DownloadDocumentFile.ashx?DocumentFileKey=39eccb15-8c75-f38d-a34f-d520c260d2d5&forceDialog=0>

"Head Lice 101 What you should know about Head Lice"

<https://schoolnursenet.nasn.org/HigherLogic/System/DownloadDocumentFile.ashx?DocumentFileKey=6a1638d6-c24d-e100-b2cd-9ae5511dd675&forceDialog=0>