



Head Lice

Date:

Dear Parent/Guardian:

A pupil in your child's classroom was found to have head lice. While there is no cause for alarm, please check/watch your child for signs and symptoms. The following information about head lice should help you.

What To Look For

Head lice are a year-round problem. The head louse is a small insect that can live in the head hair of humans. It cannot live on pets. The insect moves quickly and is hard to find, but it lays eggs (called nits), which are easier to find and identify. The female louse glues 3 to 4 eggs/nits a day to the hair shaft. Eggs lie close to the scalp, usually behind the ears, and along the back of the neck. The egg is small, light-colored, oval, and does not brush out easily like dandruff.

How You Get Lice/Nits

School is where head lice are usually discovered, but home is where head lice are usually acquired. Lice can survive for several days when separated from the human body. Lice move from one person to another, usually by head to head contact. Lice are sometimes spread by sharing personal items such as a brush, comb, hat, towel, or clothing.

Treatment

Please consult your physician. Medication is available by prescription from your doctor. Non-prescription medications are also available through a pharmacist at your local drug store. Follow directions carefully. All persons in the home should be checked for head lice/nits, and should receive treatment immediately if needed. Wash all personal clothing and bedding by anyone who has lice, in order to remove lice and nits that have attached to fallen hairs. A normal hot water wash and hot dryer cycle will kill lice and nits. Rugs and furniture can be vacuumed. Combs, hair brushes, and hair ornaments (such as barrettes) should be soaked in hot water. Non-washable items (stuffed toys, pillows) can be sealed in a plastic bag for 20 days. Nits usually hatch in 11 days. Lice die after 5 days away from a person.

All lice and nits must be removed before the pupil can be readmitted to school. This treatment can be done within 24 hours. Since the education of your child is important, the above treatment should not require an absence longer than three (3) school days.

Returning To School

Verification of the student's head being free of lice and nits will be done by a trained Child Development staff member before your child may return to the classroom.

Thank you for your cooperation in this matter.

Child Development Preschool Nurses

Lori Souza, RN 916-395-5500 ext 705012

Lisa Stevens, RN 916-395-5500 ext 705021