

Letter A

Dear Parent/Guardian:

Your child was found to have head lice or lice nits. Head lice are tiny insects that live in human hair. They hatch from small eggs, called nits, which are attached to the base of individual hairs. Nits are often found in the hair behind the ears and at the base of the neck and head. The eggs hatch in about ten days, with the new lice reaching maturity in two weeks. The female louse can live for 20 – 30 days, and can lay as many as 8 eggs per day. Anyone can get head lice. One sign of head lice is persistent itching of the scalp, which may be accompanied by infected scratch marks. Nits should not be confused with dandruff. Dandruff can be easily flicked off the hair; nits cannot because they are firmly attached to individual hairs. Your child will be excused from school the rest of the day that the lice were found. Any additional days will be counted unexcused without a health care providers excuse.

Recommendations for treatment and treatment measures:

1. TREATMENT: (TREAT/COMB DAILY/TREAT AGAIN)

- a. Several shampoos and over-the-counter lice treatments are available for use. Your child's healthcare provider can also order several prescription medications for use. Consult your doctor or pharmacist for the best treatment recommendations for you and your child. Most pediculicides (lice treatments/medications) are repeated in 7 – 10 days after the initial use. No medication is 100% effective.
- b. Alternative treatments are not as effective and may NOT kill the lice at all (such as mayonnaise or olive oil). Some products may actually be very harmful and are not recommended at all (such as gasoline or kerosene). These products may enter the bloodstream and are toxic to children.
- c. LICE REMOVAL is a MUST for any treatment to be effective. After using the medication, it is very important to thoroughly comb each strand of hair with a fine-tooth comb (or nit comb) until all nits are removed. Do not shampoo the child's head with regular shampoo prior to the medicated treatment and do not use regular conditioner. Also, do not wash the child's hair with regular shampoo for 48 hours after the treatment. Again, re-treatment should be done in 7 – 10 days.
- d. Wash all bed linens and clothing in hot water (130 degrees F). Dry in dryer. Bag items (favorite stuffed toy, clothing or bed linens that cannot be washed, etc.) place in an airtight bag for 2 weeks).
- e. Thoroughly vacuum upholstery, mattresses and carpets. Immediately remove vacuum bags from the home. Lice can survive in the environment for up to 2 days. Nits away from the warm head will not survive very long at all. After removing lice bugs or killing them, nit removal is the key to preventing a re-infestation.

- f. Do not share articles that come in contact with the head, neck or shoulders (combs, hats, barrettes or other items at school). Disinfect (by placing in hot water of 130 degrees F for 10 minutes) or discard these items in the home. Check all family members. Anyone who shares a bed with the child should be treated. Some healthcare providers advise all members of the family living under the same roof be treated simultaneously.
- g. Check your child's head at home. Check once a day for a least 2 weeks after the last treatment. Use the nit comb to remove any possible missed nits daily during this time.
- h. Your child will be rechecked when he/she returns to school. If lice are once again found, you will be notified to pick your child up from school. Advice from your child's physician may be needed for further treatment. You must accompany your child to school for re-admittance and be present when he/she is rechecked
- i. Remember infestation with lice is a traumatic emotional experience for your child and your family. If you need assistance or support, you may call School Health Services. WE ARE HERE for your CHILD!!

NOTE TO RETURN TO SCHOOL

Once treated, your child may return to school providing this statement is signed indicating that one of the approved methods of treatment has been carried out.

_____ was treated with anti-lice shampoo on (date) _____.

Your child's head will be rechecked upon return to school for effectiveness of the anti-lice shampoo.

Signature Parent/Guardian