

Suggestions for Preventing & Detecting Head Lice

Dear Parent or Guardian,

In the first month of school parents should carefully inspect their child's hair by parting it into small sections. Using natural sunlight makes it easier to see lice and nits more clearly.

What are Head Lice?

NITS (eggs) are translucent with a brownish color that sit on top of the hair shaft and stick to the hair, unlike dandruff they can't be removed or brushed out as easily

LICE (bugs) are tiny gray to brown parasitic insects that live in human hair and are quick to hide.

How do you get head lice?

Children get head lice from other children through head to head contact during play or sports. Sharing items that include clothing, headphones, brushes, combs, helmets etc.

How do you get rid of head lice?

If you see the signs of lice or nits, there are several products available at the pharmacy. The school Dr. recommends treating with the over the counter products that are FDA approved.

It is very important to manually remove the bugs and nits by combing and handpicking them with a special nit comb available at the grocery store or pharmacy. It is also recommended that the hair be wet or a conditioner applied to make it easier to see the eggs or bugs.

Bedding must be washed in hot water and dried at a hot temperature. Vacuuming carpets, furniture and mattresses thoroughly is also important. Also stuffed animals should be washed or stored in a closed plastic bag for one week. If you are unsure of what to do or are overwhelmed, professionals who will treat family members are available.

How do you keep lice from coming back?

Children should avoid putting heads together. Bugs crawl from head to head, they do not fly. Children should not share brushes, combs, or anything else that comes in contact with the hair.

Teach family members to recognize nits and how lice are spread and check everyone's hair periodically. If you find lice, follow the recommended treatment closely and it should be reported to the school nurse and the student will need to be checked upon returning to school. We are here to help and support you through this process.

Thank You for your cooperation.

Lisa Morrell RN

