**The Facts of Lice**

Dear Parents/Guardian:

Head lice season is here and we want to help keep your child and your child’s class free of head lice this season so we need some help from parent/guardian and your child. Please check your child’s head for any Lice and/or nits on a routine basis and especially if you see him/her scratching their heads. Anyone can get head lice. No matter what neighborhood you live in, no matter how clean your house is, lice will like your child’s head if they find their way onto his or her hair. Head lice are spread most commonly by direct head to head (hair to hair) contact. Head lice usually die within 24 hours without someone to live on. Female lice will attach her little eggs/nits to your hair with glue that’s as strong as super glue. Lice and nits can get moved to clothing, pillowcases and towels. Here is where we need your help parent/guardian and child.

Please read the following points to your child on Prevention and Control of Head Lice

* Avoid head to head (hair to hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, and camp).
* Don’t share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes, helmets, and headsets.
* Don’t share combs, brushes, or towels. Disinfect combs/brushes used by an infested person by soaking them in hot water (at least 130F) for 5-10 minutes.
* Don’t lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.
* Collect everything that might have touched your child’s head and machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130F) laundry cycle and high heat drying cycle. Clothing and items (stuff animals) that are not washable can be dry-cleaned or sealed in a plastic bag and store for 2 weeks.
* Vacuum the floor and furniture, particularly where the infested person sat or lay. It is not necessary to spend much time and money on housecleaning to avoid reinfestation by lice that may have fallen off the head or crawled onto the furniture or clothing.
* Don’t use fumigant sprays or fogs: they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.
* Notify your child’s school so the school can give you some instructions. The child cannot ride the bus until cleared through the front office. You must bring receipt where you bought the Head lice product and the empty bottle and the front office staff will check the child’s head. **See Next/Back Page**
* Get all the adult lice out of the hair by using a product that is FDA approved that will kill the adult lice and nits. ( i.e. RID, NiX you can get the off brand names if you wish.)
* Be sure to read the directions on the label very careful. The directions should tell you when to do the 2nd treatment.
* Get all the little nits out of the hair and the best way to do that is to manually remove the nits with a special comb with metal pins. Remember if you don’t get all the nits they will hatch and your child will start itching again. It is best to check your child’s head every day.

To help control a head lice outbreak in a community, school, or camp, children can be taught to avoid activities that may spread head lice.