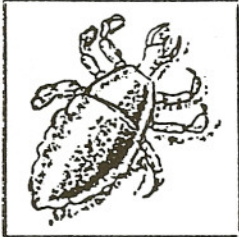


PARENT INFORMATION

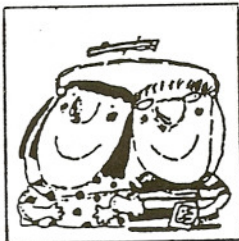
HEAD LICE: DETECTION, TREATMENT, AND PREVENTION

WHAT ARE HEAD LICE?



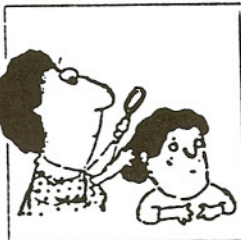
Head lice are tiny, wingless, greyish-tan insects that live and breed in human hair. The eggs, called nits, are easier to see than the lice themselves and are usually found attached to hair shafts close to the scalp behind the ears and on the back of the head. Nits cannot be washed away like dirt or dandruff; they must be removed with a special comb designed for that purpose. Head lice can only survive for about $\frac{1}{2}$ a day without a human host and cannot live on family pets.

HOW DO THEY SPREAD?



Head lice are spread through the sharing of personal items such as combs, brushes, hats, headphones, sleeping bags and stuffed animals. To minimize the risk of repeated outbreaks, remind your children not to share these items. Studies show that head lice are not highly transferable in the school setting.

HOW ARE THEY DETECTED?



The first clue that a child has head lice is frequent scratching of the scalp. To check for infestation, carefully examine the hair around the back of the neck and behind the ears. Since head lice shy away from light, you may only see their eggs (nits), small whitish ovals of uniform size attached to the hair shaft.

HOW ARE THEY TREATED?



Head lice infestation can be treated with a head lice medication, called a pediculicide. There are several pediculicides on the market, and they come in a variety of forms: shampoo, creme rinse, and lotion. Look for a treatment that kills the nits as well as the lice and offers protection from reinfestation. Be sure to follow the directions exactly as written on the container.

TIPS TO TREAT A CASE OF HEAD LICE

DON'T PANIC-ANYONE, ADULT OR CHILD, CAN GET HEAD LICE. THE PROBLEM IS EASILY MANAGED. BUT TO ENSURE SUCCESS YOU MUST FOLLOW SOME GUIDELINES AND REMEMBER THAT GETTING RID OF LICE IS A TIME-CONSUMING PROCESS. SOME TIPS YOU WILL WANT TO FOLLOW INCLUDE THE STEPS LISTED BELOW:

CHECK EVERY MEMBER OF THE FAMILY

Look for tiny white eggs, nits, on hair shaft, near the scalp, especially at the nape of the neck and behind the ears. Head lice are small grayish-tan insects without wings. Head lice are prevalent year round and anyone found with lice and/or nits should be treated.



USE AN EFFECTIVE HEAD LICE TREATMENT

You can check with your family health care provider or the pharmacist if you have any questions. No pediculosis shampoo is 100% effective, and resistance has been reported to some.

REMOVE NITS

Nits are tiny and whitish in color, so you may mistake them for dandruff. But unlike dandruff, they will not brush or blow out of the hair. Gently comb the child's hair with the special nit removal comb that comes with most shampoos. While the hair is still damp, part the hair in sections and work on one area at a time. Lift a one inch strand of hair and get the teeth of the comb as close to the scalp as possible and comb through that section away from the head. Clean the comb as you go and dispose of the tissue you have used to wipe the comb with in a sealed bag to prevent reinfestation. Pin the section back after it has been combed and proceed to the next section of hair. When finished, recheck the entire head for nits and repeat combing if necessary.

The process of nit removal may take a few days so you should continue daily combing.

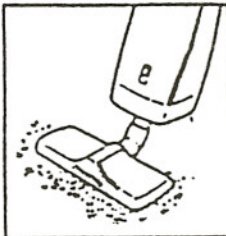


WASH CLOTHES, BED LINENS, AND TOWELS

Use hot water and dry on the hot cycle for 20 minutes. Items not washable, may be dry cleaned or stored at room temperature in a tightly sealed bag for two weeks.

SOAK COMBS, BRUSHES, ETC. IN HOT WATER

The hotter the better, but at least 130 degrees, for 5-10 minutes.



MAKE A CLEAN SWEEP

Vacuum everywhere-carpets, mattresses, upholstered furniture and car seats.

GET SMART ABOUT PREVENTION

Teach your child not to share personal items. Combs, brushes and Headgear are some of the most common items to carry head lice. Also, hats, pillows and sports helmets. Become a head lice detective and check your child routinely for lice.

Please let your school nurse know of any cases your child may develop and when they were treated.

