



# Roslyn Public Schools

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Dear Parents/Guardian:

It's that time as we prepare for the start of a new school year, with the 1-2-3's.

1. New Knapsack
2. New Sneakers
3. **Lice** Check (Very Important!)

Ask any child and they will tell you how important the choices of the first two are, but starting the school year with a lice and nit free head should really be top of the list.

In order to insure a smooth, uninterrupted opening to the 2018-2019 school year, we are asking each parent to check their child's head for evidence of head lice.

This is a simple procedure that should take only a few minutes of your day, but will save you endless hours of work, if your child has lice and it is caught early.

Enclosed you will find a guide to help you and your family to identify, remove and prevent a lice infestation.

It is important to remember that diligence is our best line of defense. Periodic checking is imperative.

All of us here at East Hills are looking forward to a happy, healthy, lice free year!

Sincerely,

*Amy Kula*

Amy Kula, R.N.  
School Nurse

AK/am

Enclosures

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# Guidelines for Treating Head Lice Infestations

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## Head lice can happen to anyone

Getting head lice is not everything you may think it is. It is not a sign of poor health habits or being dirty. It does not happen only to the poor, or to racial or ethnic groups. Head lice can occur at any age, and to either sex. It doesn't just happen to "other people"...it could happen to you or your family. So it's best to learn how to recognize head lice infestation, how to treat it, and how to prevent it from happening again.



## What are head lice?

They are tiny insects that live in human hair. They hatch from small eggs, called nits, which are attached to the base of individual hairs. The eggs hatch in about ten days, with the new lice reaching maturity in about two weeks. The female louse can live for 20 to 30 days, and can lay as many as six eggs per day. Since lice multiply fast, they should be treated promptly.

## How does someone get head lice?

Head lice can be transmitted in a number of ways—not only by physical contact. Borrowing a comb or brush from a person who has lice is one way. Also, they can be transmitted from borrowed hats, ribbons, scarves, or other head coverings. Sharing towels or pillowcases can also spread head lice. Even a stray hair that has nits can transmit head lice.



A common myth is that head lice can be caught from grass, trees, or animals. Some people believe, too, that you can only get head lice in summer, or that only people with long hair can get them. These myths simply aren't true.

## What signs should I look for?

Persistent itching of the head and back of the neck can indicate head lice. You should also look for infected scratch marks or a rash on the scalp. Most important of all, look for nits attached to individual hairs. These can be seen with the naked eye, but you can probably identify them more easily with the aid of a magnifying glass under strong illumination.



Sometimes, small white specks in the hair such as dandruff can be confused with nits. Try removing the specks from the hair shaft. If they are dandruff flakes or droplets of hair spray, they can be easily removed. Nits, however, are very difficult to remove. Check with a health professional if you have any doubt whether head lice are present.

## Are there other symptoms?

Occasionally there may be swelling in the lymph glands in the neck or under the arms. There may also be mild fever or muscular aches. These symptoms generally indicate severe cases of head lice. Contact your doctor or a nurse for advice on treatment.



## WHAT TO DO IF YOUR CHILD COMES HOME WITH HEAD LICE:

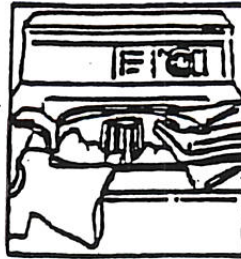
Don't panic. Anyone – adult or youngster – can get head lice. Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, etc.) It has nothing to do with cleanliness. The problem is easily managed. Just follow the instructions below:

Look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the neck and behind the ears.



Head lice are small Grayish-tan insects without wings. Any family member with lice or nits must be treated.

Use hot water and dry on hot cycle for at least 20 minutes. Items not machine washable must be dry cleaned or



stored at room temperature in a tightly sealed plastic bag for at least two weeks. Items such as headphones and helmets should be similarly bagged and stored.

### 2. Use an effective head lice treatment.

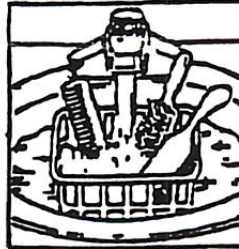
Several are available without a prescription. The creme rinse requires just one application and protects against reinfestation for up to two weeks. Shampoo treatments require a second application 7-10 days after the first.



Ask your pharmacist for information.

### 5. Soak combs, brushes, etc. in hot water.

The hotter the better, but at least 130°F. Items should be allowed to soak for at least 10 minutes.



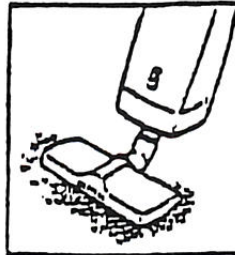
### 3. Remove all nits

Gently comb the child's hair with the special nit removal comb. These combs are usually provided with the lice treatment products.



### 6. Vacuum everywhere.

To make sure the rest of your home is louse free, you should vacuum carpets, pillows, mattresses, upholstered furniture, and even the car seats.



Head lice cannot survive with a human host. They cannot survive on family pets. Choose an effective treatment, use as directed, and perform the steps listed above to help eliminate head lice from your home and to help prevent their spread in the community.