



August, 2017

Dear Parent/Guardian:

It's the start of another new and exciting school year! The beginning of school brings many new experiences such as new friends, a new teacher, and maybe a bus ride to school each day. However, the start of school can also mean more frequent colds, sore throats and even head lice. Having a lice and nit free head in school is very important! Young school age children are the most prone to head lice due to their close proximity to each other during the day. Frequent checks of your child's head for evidence of head lice can save you hours of hard work if your child has head lice and it is caught early.

Attached you will find a guide to help your family identify, remove and prevent a lice infestation. It is important to remember that diligence is our best line of defense. Periodic checking at home is imperative.

All of us here at Heights are looking forward to a happy and healthy "lice free" year!

Sincerely,

Colleen Feehan, R.N.

Colleen Feehan, R.N.
School Nurse

CF/gp

Guidelines for Treating Head Lice Infestations

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.

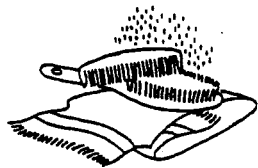


What are head lice?

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

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 younger, 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:

1. Check every member of the family.



Lice are hard to spot, so look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the nape of the neck and behind the ears. Head lice are small, wingless, grayish-tan insects. Any family member with lice or nits must be treated.

2. Use an effective head lice treatment.



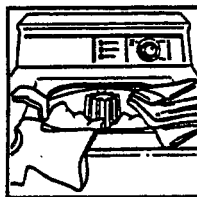
Several are available without a prescription. NIX™ Creme Rinse is the only product that is proven 99% effective with just one application in killing lice and eggs, and protecting from reinfestation for two weeks.

3. Remove all nits.



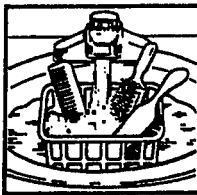
Gently comb the child's hair with the special nit removal comb. The combs are provided with most lice treatment products. NIX is a creme rinse formulation that makes combing easy. Many schools require students to be nit-free before they can be readmitted.

4. Wash clothes, bed linens, and towels.



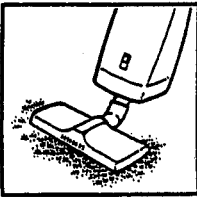
Use hot water, then dry on the hot cycle for at least 20 minutes. Items such as stuffed animals, headphones and hats that are not machine washable must be dry-cleaned or stored at room temperature in a tightly sealed plastic bag for at least two weeks.

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



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

6. Vacuum everywhere.



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