



## Health Memo: Head Lice In the Classroom

Evidence of head lice was found in your child's classroom today. We are asking that you check your child's head several times a week. If you find any evidence of lice, treat your child promptly with a shampoo or rinse that has been recommended by your physician or pharmacist.

Please notify the school if you find evidence of lice on your child.

- Head lice are very small wingless insects. They are usually grey or tan, but turn reddish-brown after feeding
- Head lice live in human hair and must feed on human blood; they do not live on pets.
- Head lice can crawl, but they cannot hop, jump or fly.
- Head lice live about 30 days, and a female louse may lay up to 100 nits(eggs).
- Nits are tiny oval eggs about the size of the eye of a needle that are grey, white or brown.
- Nits are laid on hair close to the scalp, and they stick tight to the shaft of the hair – dandruff, mouse, and hair spray can easily be brushed off the hair; nits cannot.

If you have found lice, your child may return to school after treatment, with a note. They must be free of nits. Please include the date of the treatment and the name of the shampoo or rinse used.

- Check all family members for head lice.
- Treat all family members who have head lice or nits.
- Use shampoo without conditioners right before and a week after using lice shampoo.
- Use lice shampoo as directed on bottle
- **PICK EVERY LOUSE AND NIT YOU SEE EVERY DAY!**
- **CHECK/PICK LICE AND NITS DAILY FOR 2-3 WEEKS, THEN WEEKLY**
- Clean combs, brushes, etc. in very hot, soapy water (or boil) for at least 10 mins.
- Wash all bedding/clothing worn in the past 3 days. Don't forget about coats, mittens, scarves, etc. in very hot water (120 degrees)
- Put non-washable items into plastic bags for 14 days or put into a hot dryer for 30 mins.
- Iron and vacuum mattresses
- Vacuum floors, rugs, mattresses, furniture, car seats (fronts of the couch, arm rests, etc.)
- Wipe clean vinyl or leather chair/car seat surfaces.

