

To: Parents/Guardians

Re: Head lice awareness: preventative measures you can do at home

Lice do not carry disease and do not reflect the cleanliness of a child or the home from which he or she lives. Lice are unable to hop, fly, jump, or swim; once they find a nice warm scalp, they choose to stay there. There are times lice can be transferred from one child to the next by sharing hats, caps, brushes, helmets, headphones, headbands, or foam ear protectors. They are excellent crawlers and can move from one head to another if heads are touching (think sleepovers!).

Suggestions and information:

1. Check your child's scalp weekly for lice and/or nits (eggs).
  - a. Mature lice are found close to the scalp and are the size of a sesame seed; they avoid light and are hard to see.
  - b. Lice eggs or "nits" are usually found close to the scalp and are tiny whitish ovals that are "glued" to the hair shaft. They cannot be flicked away as dandruff.
2. Head lice do not transmit disease and are not a serious medical condition.
3. They cannot survive on your pets.
4. If you find head lice on your child, properly treat before sending back to school. Students are allowed one excused day for head lice treatment. Continue to examine all family members for 3 weeks and treat if live lice or nits close to the scalp are found.

**Check Regularly—Treat Quickly**

**Help Keep Head Lice Off Of Your Child!**

For more information regarding head lice or its treatment, contact your child's healthcare provider or the school nurse.