

When your child comes home with head lice...

Don't panic. Anyone can get head lice. It has nothing to do with cleanliness, nor does it reflect on you as a parent. The problem is easily eliminated. Simply follow these instructions.

- 1. Examine your child's head** to be sure you know what the nits look like. They are tiny greyish-white eggs attached to the hair, near the scalp, especially behind the ears and at the nape of the neck.
- 2. Check all other family members** to see if they are infested. Any family member with evidence of head lice must also be treated.
- 3. Use an effective head lice treatment.** Your pharmacist can recommend an effective pediculicide product. When used as directed, it will be very effective in killing head lice.
- 4. Remove the nits (lice eggs).** Because no pediculicide product kills all the eggs, it is *very important* to remove all traces of the nits to prevent reinfestation. A special comb for this task is usually provided with the lice treatment product. You may want to ask your pharmacist about **CLEAR™ Rinse**, a specially developed enzyme rinse that quickly releases the nits from the hair, making it quick and easy to comb out.
- 5. Wash all clothes,** bed linens and towels in hot water and dry on hot cycle for at least 20 minutes. Items that cannot be safely washed, such as stuffed animals, should be dry cleaned or stored outside the home for a minimum of two weeks.
- 6. Clean combs and brushes in hot, soapy water.** Water should be at least 130° F, and it is advisable to let combs and brushes soak in the hot water for 10 minutes.
- 7. Vacuum everywhere** to make sure your home is free of lice. Vacuum carpets, pillows, mattresses, upholstered furniture; anything that might hold lice. Do a thorough job and discard the vacuum bag promptly.

Head lice survive only on humans, and do not affect family pets. To eliminate head lice and nits from your home, follow the directions above. Doing a thorough job will prevent their spread in the neighborhood.

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Dear Parents,

Please be advised that there have been instances of head lice in your child's classroom. *Head lice is not a serious medical condition and should not cause panic.* Treatment consists of washing the hair with a medicated lice treatment shampoo available over the counter at your local drug or grocery store. *Please see the attached fact sheet pertaining to head lice.*

Please inspect your child's scalp for any evidence of head lice and treat as described above. Once identified, children will not be re-admitted to school until they are seen by the School Nurse.

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