



## Head Lice (Pediculosis) Notification

To the Parents of \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Your child has been found to have **LICE** / **NITS** (eggs). The following information will guide the treatment and follow-up care for your child. Having lice is nothing to panic or get embarrassed about, and can happen to any child. Please treat your child today. They are expected to return to school tomorrow and report to the health office for re-check before going to the classroom.

### What is head lice (pediculosis).

1. Head lice are common among children in all socioeconomic groups and are not a health hazard or sign of uncleanliness at home or school.
2. Lice are crawling insects that live on the human scalp and hair. Lice DO NOT hop or fly.
3. Head lice can be a nuisance but they have not been shown to spread disease.
4. Lice are the size of a sesame seeds (usually brown) and feed on small amounts of blood.
5. Lice lay oval shaped eggs (nits) that are firmly attached to hair close to the scalp.
6. The lice lay their eggs or nits near the base of the hair with a glue-like substance. They are tiny yellowish-white oval specks attached to a hair shaft. Nits may look like dandruff, but they cannot be easily removed because they are glued to the hair shaft.



### Signs/Symptoms:

1. Nits or eggs are usually found behind the ears, at the top of the head and at the neckline (hairline).
2. Itching behind the ears and above the neck, redness of the scalp.

### Incubation period

1. Nits hatch in 10-14 days
2. Adults live 3-4 weeks on the body

### Treatment

1. Over-the-counter and prescription treatments are available. Treatment instructions should be followed closely. Nits can survive treatment, so a second treatment is necessary 7 to 10 days after the first treatment. Removing nits from the hair using a nit comb is recommended. Daily combing of the hair using a nit comb is needed until no more nits are found.
2. **How to Treat Head Lice**
  - a. Shampoo the child's hair (and other infested family members) with a lice treatment shampoo. These are available at your local store or they may be prescribed by a doctor. Be sure to follow the instructions on the label. Do not use remedies or products that are not labeled for controlling lice as these may not work, and they may even be harmful.
  - b. After shampooing, family members should change into clean clothes. Wash all dirty clothing, linens, and towels in a hot or warm wash cycle. Non-washable items may be dry-cleaned, or they may be vacuumed and sealed in plastic bags for two weeks.
  - c. Soak combs, brushes, hair picks, etc. in hot (almost boiling) water for at least 15 minutes.
  - d. Vacuum chairs, couches and furniture where individuals sit and sleep to pick up fallen lice/nits. You do not need to apply household pesticides.
  - e. Be sure to treat everyone once again 7 to 10 days later. Timing is very important. Remember to wash dirty clothes, vacuum furniture and treat combs and brushes on the same day.
  - f. For successful treatment, take the time to remove nits from your child's hair by using nit combs available at local drugstores. Nit removal is important as some of the eggs will survive the shampoo treatments.
3. **How to Avoid Getting Head Lice**
  - a. Do not share hats, combs, brushes, scarves, or coats.



**If you have any questions or concerns, please contact your school HEALTH OFFICE for assistance.(ph)** \_\_\_\_\_