

## Head Lice Information

Head lice are passed from person to person by direct contact or on shared objects, such as hats, combs, towels, barrettes, headphones, etc. So, you may want to encourage your child to keep these things to his or herself. If you do find head lice, don't panic – just follow the steps to easily take care of the problem.

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 (pediculocide) head lice treatment.** Several are available without prescription. Most of these chemicals require two treatments 7-14 days apart. If crawling lice are still seen after a full course of treatment contact your health care provider.
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. Many schools require students to be nit-free before they can be readmitted.
4. **Wash clothes, bed linens and towels.** Use hot water, and 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. **Put book bags and coats in the dryer for at least 20 minutes on high heat.**
7. **Vacuum everywhere.** To make sure the rest of your home is louse-free; you should vacuum carpets, pillows, mattresses, upholstered furniture, even cars and car seats.

Thank you for your prompt attention. Please do not hesitate to call me if you have any questions.

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