

September is Head Lice Prevention Month™

www.headlice.org

HEAD LICE: PARENT EDUCATION

September 2015

Dear Parent/Guardians,

We are sending this letter to increase head lice awareness so that you may take steps at home to help prevent your child from acquiring head lice.

Anyone can get head lice. Head lice are not a sign of poor hygiene and they do not transmit disease. Spread from one child to another can occur during direct head to head contact or by sharing of personal items such as combs, brushes, caps or helmets. Lice do not jump, fly or swim. They are, however, good crawlers. Check your child's head weekly for lice and/or nits (eggs). Mature lice, which are no bigger than a sesame seed, avoid light and are hard to see. Lice eggs or "nits" are usually found close to the scalp – usually within 1/4 inch. They appear as tiny whitish ovals that are "glued" to the hair shaft. They cannot easily be flicked away as dandruff can.

If you find head lice on your child, please notify the school and properly treat him/her at home. 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 Your Child

For more information regarding head lice or its treatment, please feel free to contact the school nurse, your physician, or your local health department. There is also information available on the CDC website, found at;

<http://www.cdc.gov/parasites/lice/head/>

Thank you for your help and support.

Sincerely,

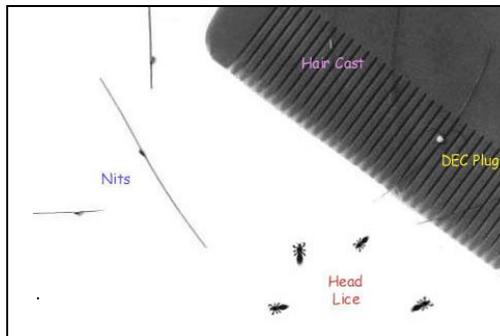
Shawn George
Health & Safety Coordinator
Lafayette Catholic School System

10 Steps To Help Keep Head Lice And Their Eggs Out Of Your Child's Hair

See video on how to use the LiceMeister® Comb (<http://www.headlice.org/video/index.php>).

1. Watch for signs of head lice, such as frequent head scratching. Anyone can get head lice... mainly by head-to-head contact but also from sharing hats, brushes and headrests. Lice do not jump or fly.
2. Check all family members for lice and nits (lice eggs) at least once a week. Only those infested should be treated. Lice are reddish-brown wingless insects, nits are grayish-white, always oval shaped, and are glued at an angle to the side of the hair shaft.

3. Be sure not to confuse nits with hair debris such as bright irregularly shaped clumps of dandruff stuck to the hair shaft or elongated segments of dandruff encircling the hair shaft and easily dislodged. Lice treatment is inappropriate for hair debris.



4. Consult your pharmacist or physician before applying or using lice treatment pesticides when the person involved is pregnant, nursing, has allergies, asthma, epilepsy, has pre-existing medical conditions, or has lice or nits in the eyebrows or eyelashes. Never use a pesticide on or near the eyes.
5. Remember, all lice-killing products are pesticides. If you choose to purchase an over-the-counter treatment, follow the directions carefully and use with caution. If the product fails, do not switch to other over-the-counter treatments or use any prescription products as a "last resort". This can be potentially harmful. Manual removal is the safe alternative and a necessary component to any head lice treatment regimen.
6. Follow package directions carefully. Use the product over the sink, not in the tub or shower. Always keep the eyes covered.
7. **Remove all nits.** This assures total lice treatment. Separate hair in sections and remove all attached nits with the NPA's LiceMeister® comb, baby safety scissors, or your fingernails.
8. Wash bedding and recently worn clothing in hot water and dry in a hot dryer. Combs and brushes may be soaked in hot water (not boiling) for 10 minutes.
9.  **Avoid lice sprays!** Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals and car seats.
10. Notify your child's school, camp, child care provider, neighborhood parents, or visit HeadLice.Org to report a lice outbreak to the NPA. Check for lice on a regular basis. This is the best way to protect your family and community.

