



# CHEROKEE PUBLIC SCHOOLS

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## LANE PRUETT

HS/JH Administration

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February 29, 2024

Dear Parent/Guardian:

A case of head lice has been found in the school. The parents of all students are being notified via this letter:

**This is not a cause for panic.**

**It is cause for action to be taken to prevent head lice.**

**Treat/remove any head lice or nits found on your child's head**

It is extremely important for you to check your child's head TODAY. Keep checking every 2 days until there are no head lice found for 10 consecutive days.

### **The best way to prevent transmission:**


- Teach children not to share combs, brushes, hair ornaments, hats, caps, scarves, headsets, or any other personal headgear.
- Do not try on other people's hats (even in department stores).
- Teach children to hang coats separately – placing hats and scarves inside coat/jacket sleeves.
- Clean or disinfect shared headgear (i.e., helmets) with Lysol® or rubbing alcohol before being used by others.
- Conduct regular head checks of your child.

### **If head lice are found on your child:**

- Check others in the household for signs of head lice or nits. If found, complete remaining steps on all infested individuals.
- Remove nits from the head by combing. This is the most important lice control measure. Complete nit removal is time-consuming but is critical for successful treatment.
- Use an effective head lice treatment.
- Remove all of the lice and nits from the environment by washing or vacuuming. There is no need to spray pesticides at home.
- Perform daily head checks and remove nits for 3 weeks until head lice are gone. Continue to check your child weekly to detect reinfestation.

If you have difficulties treating the head lice on your child, please contact the school, local health department, or your child's physician.

Sincerely,



Lane Pruett

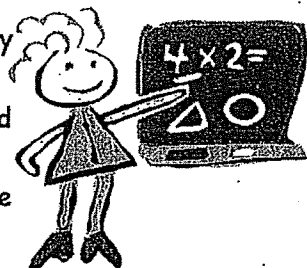
# The Do's and Don'ts of Treating Head Lice



## DO'S

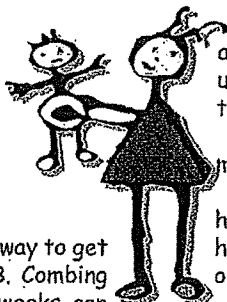
- ☛ If using a chemical to treat head lice, DO use only products made to treat head lice on people.
- ☛ DO use any treatment only after reading all the directions well.
- ☛ DO use treatment on DRY HAIR.
- ☛ DO keep treatments out of eyes and mouth.
- ☛ DO follow treatment by combing hair well with a lice comb to get out all dead lice and nits.
- ☛ Do comb hair with a lice comb every day for at least 1 week.

- ☛ DON'T buy home and garden insect killing products or shampoo that kills fleas and ticks on animals and put them on hair. They can make people who use them very, very sick.
- ☛ DON'T borrow or use a friend's treatment. Some are prescribed by how much that person weighs.
- ☛ DON'T use more of ANY treatment than the directions say. More medicine does not = better, faster lice killing.
- ☛ DON'T split one treatment between two (or more) children.
- ☛ DON'T use things like alcohol, kerosene, or gasoline. They can easily catch fire and burn the person using them.



## DON'TS

**Remember: If a product can kill lice, it can hurt you or your kids, if it is not used properly.**



Also remember that the best and safest way to get rid of lice and nits is to COMB, COMB, COMB. Combing with a good lice comb EVERY DAY for 1 to 2 weeks, can remove lice before they mate and remove nits before they hatch.

Adding conditioner or creme rinse to just-shampooed hair will make it slippery enough for a lice comb to go through well. Long hair may need to be cut so that combing can be done more easily.

A strong lamp or bright sunlight should be used while combing so that lice can be seen better and removed.

Wipe the comb with a tissue or paper towel after each pass through the hair. Throw each used tissue away in a bag. Take the bag to the trash right after combing is finished.

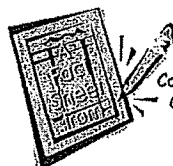
Comb every day even if using a chemical treatment. No treatment kills all nits.

Wash in hot water, or bag for 14 days, household items such as sheets, towels, brushes and hats, at the same time that hair is being combed or treated.

Teach kids not to share hats, coats, scarves, batting helmets, baseball caps, brushes and combs. Anything that touches the head of another child can pass head lice.

Keep children with nits or live lice at home until all nits and lice have been removed or killed. Live lice can move from one child to others in their classroom or day care.

If you have any questions about getting rid of head lice, or if you need more help, call your local county health department, or see your school nurse.



The Oklahoma State  
Department of Health  
Communicable Disease Division  
Oklahoma City, OK 73117  
(405) 271-4060  
[www.health.state.ok.us](http://www.health.state.ok.us)

## Head Lice Treatment Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lice are noticed	Use lice shampoo, comb, optional. Check other members of the household for lice for 7-10 days. Clean household	Perform lice rechecks and comb for 7-10 days	Recheck & Comb	Recheck & Comb	Recheck & Comb	Recheck & Comb
Recheck & Comb	Recheck & Comb	Recheck & Comb	Recheck & Comb	Recheck & Comb	If lice found, begin rechecks. Don't shampoo. Make head check routine hygiene	Reshampoo and begin rechecks.
Recheck & Comb	Recheck & Comb	Recheck & Comb	Recheck & Comb	Recheck & Comb	If NO lice found	Don't shampoo. Make head check routine hygiene
					Recheck & Comb	Recheck & Comb
						Routine head check
Recheck & Comb	Recheck & Comb	Recheck & Comb	If lice are found after the 10th day, shampooing a third time is not recommended. Instead, contact the school nurse at your child's school, the county health nurse, or your physician for suggestions and assistance.			Routine head check