

Sandra Riley
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Dear (Parent, Guardian or Caregiver),

The presence of head lice (pediculosis) has been identified in your child's grade level. The parents (guardians) of all students in this grade are being notified via this letter. It is extremely important for you to check your child's head TODAY. Keep checking every 2 days for 10 days to make sure no head lice are found. It is important you are aware of the symptoms, treatment procedures, and your role in the prevention of the spread of this contagious condition. If lice are found it is important to talk to a medical professional to get appropriate care.

First, a few facts:

- Head lice can affect anyone.
- There are around 6 to 12 million infestations annually in the United States.
- Head lice are not dangerous.
- Head lice do not spread disease.
- Poor hygiene does not cause lice.
- Head lice spread easily.
- Prompt treatment and reporting are essential to stop the spread of lice.

Now, the symptoms:

- Persistent itching. Sometimes. Half of all people with lice never itch. Itching is an allergic reaction to the saliva, not the bite. People who are not allergic to the saliva won't itch.
- A severe infestation can cause inflammation and open sores on the scalp, and swollen lymph glands in the neck.
- Difficulty sleeping. Lice are more active in the dark.

Finding lice:

- Adult lice are fast-moving, grey or brown wingless crawling insects about the size of a sesame seed. They halt when wet, making it much easier to find and remove them in wet hair.
- Nits are eggs and empty egg shells. They are tiny, gray/white, teardrop shaped objects glued to the hair shaft. They are usually found in clusters above the ears, at the nape of the neck or at the crown of the head. You may see a nit before you see a louse.
- If it flicks off easily, it's probably dandruff, not lice or nits.
- Lice spread easily. Check everyone in the household and treat anyone that has live head lice and/or nits.

If lice are found, follow the following instructions:

Supplies:

- A lice and nit comb with tines spaced close enough to catch the louse or nit between the teeth at the scalp.
- Lice shampoo, such as (NIX,RID) shampoo.
- A wide-tooth detangler comb and bobby pins or hair clips.
- A spray bottle filled with water.
- A towel.
- A small plastic garbage bag.
- A magnifying glass.

What to do:

1. Set up in a brightly lit area with activities that will keep the child busy and distracted, like books, movies or video games.
2. Wash hair with Lice Shampoo.
3. Lightly towel dry hair. Then apply conditioner, but do not rinse out the conditioner or dry the hair.
4. Drape a towel over the child's neck and shoulders.
5. Remove tangles with a wide-tooth comb and divide the hair into small sections using bobby pins or hair clips.
6. Gently comb through hair with the lice and nit comb, starting at the scalp and pulling the comb all the way through to the end of the strand, removing all lice and nits as you go.
7. If hair dries during combing, dampen hair with spray water bottle.
8. Wipe all lice and nit debris on a wet paper towel and place in a small plastic garbage bag.
9. Clean up. You can throw the comb away or, if you want to reuse it, clean it in 130-degree water for 5 to 10 minutes.
10. Repeat this process every few days until you find no live lice for two weeks.

And now for the house:

- anything used by a person who has lice should be disinfected, washed, dry-cleaned or put in a plastic bag for 14 days.
- Focus your cleaning time on anything the child has come into contact with over the past 24 hours.
- Dispose of or clean all combs and brushes by placing them in 130 degree water for 5-10 minutes.
- Vacuum car seats if the child has been in the car in the past 24 hours.
- Clean bedding used in the past 24 hours.

Keep in mind that head lice infestations are not related to cleanliness. Head lice are mostly spread by direct head-to-head contact. Please do not hesitate to contact me if I can answer any questions or provide you with additional information.

Sincerely,
Sandra Riley RN
201 569-8381