

Dear Parent:

Your child _____ was examined today and found to have signs of head lice. Your doctor can confirm this finding if you wish. This is an easily treated condition that is not associated with any serious medical complications. Head lice are insects about this (--) long and are grayish with dark margins. Lice do not jump, fly, or stay alive for long periods off the human head. Head lice lay nits (eggs) on the hair shafts. Nits are teardrop shaped, about the size of a typewritten comma, and vary from brown to white in color. Nits are attached to the hair shaft with a cement-like substance and cannot be washed or brushed out of the hair. Head lice are transmitted through close personal contact with another infested individual. Occasionally, transmission occurs by sharing combs, brushes, hats, or coats. Most parents have the impression that only individuals who are unclean become infested with head lice. This is not true! Frequent bathing will neither prevent head lice nor eliminate an infestation once it has been established. Please review the recommended treatment measures and readmission policy. If you have any questions, please contact the school nurse.

READMISSION POLICY

After a child has been treated following the procedure discussed in this letter, the parent must accompany the child to the main office of the school. At this time, the child will be examined for any signs of head lice. The child will be readmitted to school only if live lice are not found. If live lice are still present, the child will not be readmitted to school. Please complete the form below and drop it off during the readmission visit.

Name of student _____ Date _____

Product used to treat lice infestation _____

I have removed all the nits _____
(Parent/Guardian Signature)

For office use only

Initials of Examiner: _____
Readmission findings: LIVE LICE _____ NITS ONLY _____ NOTHING FOUND _____

Student was: READMITTED _____ SENT HOME _____ REMAINED IN OFFICE _____

Please review the recommended treatment measures on the following pages:

How can I treat a head lice infestation?

By treating the person infested with head lice, other family members, and by cleaning the house.

Treat the infested person: Requires using an over-the-counter (OTC) or prescription medication. Follow these treatment steps:

1. Before applying treatment, remove all clothing from the waist up.
2. Apply lice medicine, also called pediculicide, according to label/physician instructions. Pay special attention to how long the medication should be left on and whether rinsing the hair is recommended after treatment. **If you have a medical card, head lice medicine may be obtained from the health department free of charge.**

WARNING: Do not use a cream rinse or combination shampoo/conditioner before using lice medicine. Do not re-wash hair for 1-2 days after treatment.

3. Have the infested person put on clean clothing after treatment.
4. If, after 8-12 hours of treatment, no dead lice are found and lice seem as active as before, the medicine may not be working. See your health care provider for a different medication; follow treatment directions.
5. Nit (head lice eggs) combs, often found in lice medicine packages, should be used to comb nits and lice from the hair shaft. It may also be necessary to use your fingernails to remove the nits. This is a crucial step in preventing reinfestation. **If nits are not removed, they may hatch and your child will have live lice again.**
6. After treatment, check hair and comb with a nit comb to remove nits and lice every 2-3 days. Continue to check for 2-3 weeks until you are sure all lice and nits are gone.
7. If using OTC products, retreat according to the package instructions which is usually in 7-10 days. If using a prescriptive product, retreat in 7-10 days only if crawling bugs are found or if your physician recommends retreatment.

Treat the household: Follow these steps to help avoid re-infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

1. To kill lice and nits, machine wash all washable clothing and bed linens that the infested person touched during the before treatment. Use the hot water (130°F) cycle. Dry laundry using high heat for at least 20 minutes. Dry clean clothing that is not washable, (coats, hats, scarves, etc.) Store all clothing, stuffed animals, comforters, etc. that cannot be washed or dry cleaned into a plastic bag; seal for 2 weeks. Soak combs and brushes for 1 hour in rubbing alcohol, Lysol*, or wash with soap and hot (130°F) water.
2. Vacuum the floor and furniture. Do not use fumigant sprays; they can be toxic if inhaled or absorbed through the skin.

Prevent Re-infestation: Lice are most commonly spread directly by head-to-head contact and indirectly through contaminated clothing or belongings. Teach your child to avoid playtime and other activities that are likely to spread lice. Notify the parents of your child's playmates to please check their child for head lice.

- Avoid head-to-head contact common during play at school and at home (slumber parties, sports activities, at camp, on a playground).
- Do not share clothing, such as hats, scarves, coats, sports uniforms, or hair ribbons.
- Do not share infested combs, brushes, or towels.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.

Should my pets be treated for head lice?

No. Head lice do not live on pets.

My child is under 2 years old and has been diagnosed with head lice. Can I treat him or her with prescription or OTC drugs?

For children under 2 years old, remove crawling bugs and nits by hand. If this does not work, ask your child's health care provider for treatment recommendations. The safety of head lice medications has not been tested in children 2 years of age and under.

Which head lice medicine is best for me?

There are many OTC products and products that can only be obtained with a prescription. If you aren't sure, ask your pharmacist or health care provider. When using the medicine, always follow the instructions provided. If an OTC product is not effective, you may contact your physician for a prescriptive product.

When treating head lice

1. Do not use extra amounts of the lice medication unless instructed. These drugs are insecticides and can be dangerous when misused or overused.
2. Do not treat the infested person more than 3 times with the same medication if it does not seem to work. See your health care provider for alternative medication.

Should household sprays be used to kill adult lice?

No. Spraying the house is NOT recommended. Fumigants and room sprays can be toxic if inhaled or absorbed through the skin.

Should I have a pest control company spray my house?

No. Vacuuming floors and furniture is enough to treat the household.