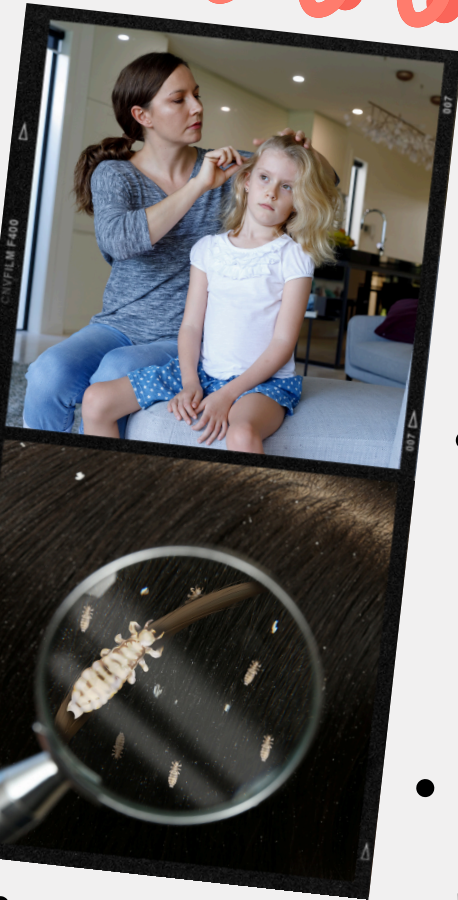


NURSE'S NEWSLETTER

BACK TO SCHOOL EDITION



- Lice do not fly, jump, or swim. They do, however, crawl. Close head-to-head contact is the most common way children contract lice.
- The majority of cases of lice are spread by friends and family members who often play or live together.

- Head lice are a nuisance, not a disease and pose no medical threats to the child or others.
- Head lice is not associated with cleanliness.
- School is not a high-risk area for getting lice. Over the last 14 years, multiple studies have proven that the school rarely is the site of lice transmission.
- If your child does have lice, please let the school nurse know.

TODAY'S TOPIC

HEAD LICE (PEDICULOSIS)

NURSE'S NEWSLETTER

BACK TO SCHOOL EDITION

HEAD LICE

HOW DO I GET RID OF IT?

- All persons in the affected household should be examined for the presence of lice and/or nits. If lice and/or nits are detected ALL infected persons should undergo treatment.
- Relatives and close contacts outside the school should be notified so they can take proper action (someone your child had a playdate/ sleepover with, teammates, etc)
- Several non-prescription treatments are on the market to treat head lice and their eggs. Please consult your doctor or pharmacist for their recommendation. Additionally, there are facilities available that your child can go to for lice/nit removal.
- Before using any lice shampoo, read and follow all of the directions printed on the label. Most head lice treatments require an additional treatment in 7 to 10 days.
- Lice shampoos do not remove the nits. There are special combs available to aid in removal of nits. You may also separate hair into sections to assist in manual removal of nits.
- Wash all clothing, towels, and bed linens on a hot cycle (desired temperature 130 degrees Fahrenheit). Then dry on a hot cycle for at least 20 minutes.
- Items such as stuffed animals, headphones, and hats that are not machine washable can be stored in a tightly sealed plastic bag for at least 5-7 days.
- Vacuum all carpets, upholstery, mattresses, and car seats.
- Combs, brushes, hair clips, etc., should be soaked in hot water (at least 130 degrees Fahrenheit) or at least ten minutes.

