

**Edina Public Schools
Health Services
Head Lice Notification**

Date:

This letter is to inform you that head lice have been discovered in your child's classroom. The parents of the student(s) with head lice have been notified and the student(s) is being treated. We ask that you check your child for head lice every night for the next two weeks. **For photos of lice and nits in hair**, follow this link: <http://pediatrics.about.com/od/headlice/ig/Head-Lice-Pictures/Live-Louse-on-Hair.html> .

The following information may be helpful:

- Lice are spread by head-to-head contact and by sharing personal items such as hats, combs, brushes, scarves, bedding and clothes.
- Symptoms include itching of the head and neck. On the head you might see brownish colored insects. Lice are very small, less than 1/8 inch long. The adult louse is about the size of a sesame seed. The eggs (nits) are gray or white in color and are tiny (about the size of the eye of a small needle). The nits are glued to the base of a shaft of hair and are most often found along the hairline behind the ears and at the back of the neck.
- Lice do not jump or fly. They crawl and can fall off the head. They do not live longer than 48 hours off the head. The ones that do fall off are thought to be dying and weak and are not viable. They only lay their eggs while on the head. The eggs do not hatch if they fall off the head.
- Head lice are insects that live on human heads only. Lice do not spread to or from pets.
- If your child is infested with lice it will take 7 to 10 days from when the eggs are laid until they hatch.
- If your child has head lice, he/she needs to stay home until treatment has occurred and no live lice are seen. Nits are *not* considered live lice. For directions on how to control the spread of lice at home, follow this link: <http://www.cdc.gov/lice/head/treatment.html>
- Call your healthcare provider or pharmacy for advice. Recommended treatment includes using either a prescription or store-bought lice killing product.
- Follow the product directions carefully. With certain products a second treatment is recommended 7 to 10 days later. Lice treatment products are not 100% effective in killing lice, especially nits. **WARNING: Do not use a crème rinse, combination shampoo/conditioner, or conditioner before using lice medication. After washing out the lice medication, DO NOT re-wash the hair for 1-2 days after the lice medicine is removed.**
- **Removing the nits (nitpicking) is a very important part of the treatment for controlling head lice.** The nits are glued onto the hair shaft as they are laid, and require effort to remove. To remove the nits, use a metal nit comb, cat flea comb, or your fingernails to slide eggs off the hair shafts, or use scissors to cut the hair shafts that have nits glued to them. **Continue checking the head and combing hair daily for 2 weeks.** All nits eventually need to be removed. If not, your child may get an active case of head lice again.
- Upon returning to school and seven- ten days after the initial treatment, your child will be asked to check in at the Health Office so your child's head can be checked by Health Service personnel.