



Dear Parent/Guardian:

A case of head lice has been identified in your child's classroom. Unfortunately, this is easily transferred from student to student. The case reported is being treated, but we would ask you to **intensify your examination of your child's head.** If you discover live lice or eggs on hair strands please follow these steps:

1. You need to wash your child's hair with lice treatment shampoo (found at most pharmacies / drugstores without prescription).
2. Section and comb the hair to remove eggs and lice. Pick a lock of hair and using your thumb-nail against your index finger, squeeze the nits from the top of the scalp down to the bottom of the hair shaft and into a plastic bag. Pin back the locks of hair and continue the process until all the nits and live lice are removed. Seal and discard the bag in your outside garbage.
3. **Check your entire family for lice.** Because it is easily transferred, it is common for more than one family member to have it.
4. Wash linens, stuffies, **jackets** and hoodies in hot, soapy water.
5. Check entire family after 2-3 days.
6. **Retreat infected family members 7-10 days after initial treatment.** This will kill any lice that hatch from eggs that may have been missed and repeat step number 2.
7. Repeat steps 4, 5 and 6 until lice and eggs no longer appear.

Please notify the school if you find lice on any family members in your house. On the reverse side on this notice is additional information on head lice. Please read this document very carefully.

We are trying hard to keep this nuisance under control. We are communicating as quickly as we can when there is confirmed case. However, we really need YOUR HELP to monitor regularly, treat infestations, and remove all nits (live or treated). Only through diligent treatment of hair, removing nits and thorough washing of linens, clothing and stuffies (in hot, soapy water) will we be able to stop the spread of this pest. Thank you for your co-operation.

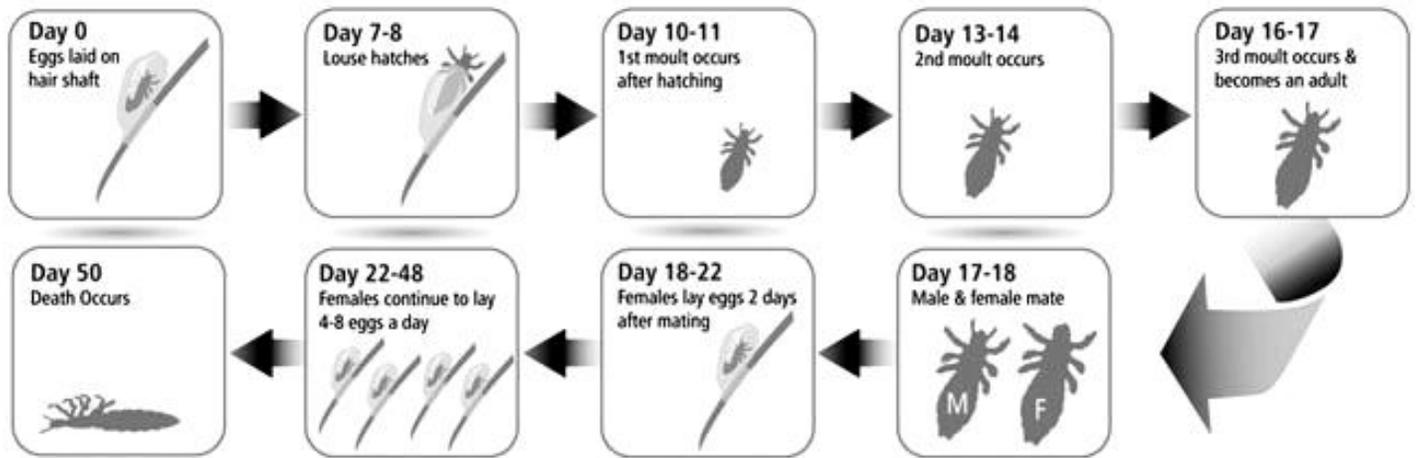
Yours truly,

Mrs. S. Petersen
Principal

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PLEASE CUT AND RETURN TO YOUR CLASSROOM TEACHER TOMORROW.

I have read my child's notice regarding head lice found in the classroom. I have made a thorough examination of my child's head.

Signature of Parent/Guardian: _____ Date: _____



What are head lice? Head lice are tiny, greyish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs which stick to strands of hair very close to the scalp. Once the egg hatches the empty case left behind is called a nit.

Head lice are hard to see because they are tiny and move around on the head. Eggs are very small, about one-third (1/3) the size of a sesame seed and take 6 to 12 days to hatch. The nits are easier to see and are found further down the hair shaft. Both eggs and nits may look like dandruff, but they cannot be easily removed because they are sticky.

Head Lice Facts:

- Head lice will NOT go away without treatment.
- Non-prescription treatments can be found at most pharmacies.
- Treatments should be repeated every 7-10 days until no lice or nits appear.
- You CANNOT get rid of lice and nits by brushing or with a hair dryer/curling iron.
- Head lice do not cause illness or spread disease but can be irritating and cause discomfort.
- Head lice do not jump or fly.
- Head lice are most commonly spread through head-to-head contact.
- Children should be encouraged not to share hats, hair brushes, etc.
- Head lice can move very quickly on dry hair and difficult to see.
- Adult head lice lay 4-8 eggs EVERYDAY until death (22-48 days). These nits are glued to the hair very closely to the scalp.
- Anyone who has hair can get head lice.
- If one person in the household has head lice, there is a good chance other household members do as well. All members of the household should be checked on the same day and those with lice should be treated.
- Head lice can be best controlled by checking the hair of all family members weekly.
- To help prevent head lice, long hair can be tied up or put in a braid.
- Pillows, blankets and stuffed animals should be washed in hot, soapy water and a thorough vacuuming of all carpets is recommended.
- Call your health care provider if the treatments are not successful.

For more information on head lice and treatment of head lice, please visit:

<https://www.healthlinkbc.ca/healthlinkbc-files/head-lice>