

Head Lice Alert

Symptoms: Itching of the head and neck. Look for:

- Crawling lice in the hair down by the scalp
- Nits (lice eggs that are oval-shaped cream in color) glued to the hair shaft, most often found behind the ears and at the back of the neck about ½ inch from the scalp.
- Scratch marks on the head or back of the neck at the neckline.

Transmission: Head to head contact and sharing personal items such as: combs, head gear during sports, brushes, barrettes, hats, scarves, jackets, blankets, sheets, pillows, and stuffed animals.

Incubation Period: It takes 7-10 days from when the eggs are laid until they hatch.

Contagious Period: Until treated with a lice treatment product.

Exclusion from School: 24 hours after first treatment is complete and no live lice or nits are seen.

Treatment: Use over-the-counter products that suffocate the lice or use a prescription from your physician. Follow instructions carefully—lice suffocating products need to be used daily (10-14 days), some over-the-counter products need another treatment after 7-10 days. Need to remove ALL nits from hair to prevent reinfestation. Clothing, bedding, and towels should be washed in hot water (130°F) and dried in a hot drier. Combs, brushes, and similar items should be washed in hot, soapy water. Clean floors, furniture, car seats, and mattresses by vacuuming thoroughly. Items that cannot be washed or dried should be sealed in plastic bags for two weeks. All family members should be checked if one person has head lice and all treated at the same time. It may take at least 2 weeks to get rid of head lice.

ASK FOR ADDITIONAL INFORMATION ON HOW TO TREAT HEAD LICE.

Thank you,

School Nurse