

OAKDALE JOINT UNIFIED SCHOOL DISTRICT
OFFICE OF HEALTH SERVICES



RECOMMENDATIONS FOR HEAD LICE MITIGATION

When a case of head lice is reported in your child's classroom- We encourage you to check your child and all immediate family members. If left untreated an infestation can spread quickly to others since **head lice is contagious**.



Head lice outbreaks can happen anywhere



Anyone can get head lice, it's not a sign of poor hygiene or habits



Primarily spread through head-to-head contact



It is possible, but rare, for lice to spread from sharing personal items



Head lice do not fly, jump and swim



Detection and prevention are your best defense against head lice

NEXT STEPS

Examine every head in your home very carefully for any sign of lice or nits.

1. Use a fine-tooth comb, the finer the tooth the better.
2. Part the hair to look for nits attached to the hair shaft. Pay particular attention behind the ears, at the crown, near the neckline & the back of the neck.
3. Wet the hair.
4. Comb through small sections of hair, pausing to clean the comb after every pass with a white paper towel.
5. Examine the paper towel for nits and lice.

[CDPH School Guidance on HeadLice.pdf](#)

WHAT TO LOOK FOR



Nit (egg)

Hard, glued to hair, does not flake off



Louse (bug)

torso, legs, clear, red, or brown

Notify the school if your child has an active case.
If you need assistance or have any questions,
please contact your school health office.