



VISTA UNIFIED SCHOOL DISTRICT
Department of Student Support Services
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*Serving the Communities of Vista, Oceanside,
San Marcos, Carlsbad and San Diego County*

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Dear Parents/Guardians,

We are providing this information to parents to increase head lice awareness so that you may take steps at home to help prevent your child from contracting head lice. Any time children come together, such as the beginning of the school year and at sleepovers, head lice cases commonly increase. Please encourage your child not to share or trade personal items such as hats, combs, brushes, headbands, or barrettes.

Check your child's head weekly for lice and/or nits (eggs). Mature lice move quickly and can be hard to see. Direct head-to-head contact is the usual method of transmission. Lice do not jump, fly, or swim. They are, however, good crawlers. Nits are often found close to the scalp, mainly behind the ears and neckline. They look like tiny whitish ovals that are glued to the hair shaft. Unlike dandruff and styling product residue, they cannot easily be flicked away.

If you find head lice on your child, please treat them before sending them back to school. Treatment should also include washing bedding and hair brushes or combs in hot water. Continue to examine all family members regularly, treating any lice found and combing out nits on a daily basis. Head lice do not spread disease and are not a serious medical condition. They cannot survive on pets.

Check Regularly – Treat Quickly

Help Keep Head Lice off Your Child

For more information on head lice or its treatment, please feel free to contact your school's health office. Thank you for your help and support.