



Head lice will be a problem from time to time in schools and it is important to work together as a school community to minimize the frustration it causes.

Tips for preventing your child from getting head lice:

- Discourage head-to-head contact and sharing of hats, scarves, hairbrushes and combs.
- Tie long hair back.
- Always send your child's own sleeping bag, towel and pillow to sleepovers.
- You cannot prevent head lice by using head lice shampoos or products – use them only if you have head lice.
- Check young school age children weekly for head lice; more often if there has been a known exposure to someone with head lice.

To check for head lice:

- You will need a well lit area.
- Part the hair section by section and look closely, especially at the scalp for lice. They will move very quickly but can most easily be seen moving along the part you just made.
- Look for nits. Nits from a current infestation will be found within $\frac{1}{4}$ inch from the scalp.

What to do if your child has head lice:

- Notify your child's school nurse. The nurse can give you specific instructions for the treatment of head lice.
- Check the heads of all family members.
- All family members with head lice should be treated at the same time.
- Tell all close contacts of the person with head lice to check their head.

Important points to remember:

- Be sensitive to your child's feelings!
- Lack of cleanliness does not cause head lice.
- Short hair does not prevent the spread of lice.
- Head lice do not live on dogs, cats or other animals.