

December 2019

Tis the season...not just for being jolly. But also for stomach flu, influenza, and head lice. With that in mind, we are recommending some measures be taken during your holiday break and in the New Year to keep you and your family healthier.

Basic to prevent the spread of these diseases:

- Wash your hands. Often.
- Don't prepare or serve food if you are sick.
- Keep your child home when sick.
- Keep home until fever free (without meds) or no vomiting / diarrhea for 24 hours.
- Cover your cough.
- Get a flu shot. It's still not too late.
- Teach your child not to share personal items such as combs, sports head gear, brushes, barrettes, or hats.

We are experiencing some persistent head lice. This can happen when treatments are repeated and the lice become "super lice", resistant to treatments. Please take some time to check your child for head lice every month or so.

In particular, look for nits (eggs). Nits are grey and white in color and are glued to the hair shaft, they will not move. Commonly located behind the ears or at the back of the neck, in the ponytail region. Dandruff can be easily moved when brushed. Nits must be pulled down the hair shaft.

If you find nits or lice, prompt treatment is essential. Use over-the-counter medicated lice killing products only on those with head lice. A second treatment 7-10 days later may be required to kill lice. Most lice products do NOT kill the eggs. They must all be removed from the hair by "nit-picking". This is done with a metal nit comb, fingernails, or a scissors. An adult must do this for their child every day for two weeks. Even one nit, left on a hair shaft will hatch and begin it all again. We know that this takes a great deal of time, effort and patience.

Public Health and your school nurse have more detailed information and instructions for you. Contact us at 320-523-2570 or [rcph@renvillecountymn.com](mailto:rcph@renvillecountymn.com).

Wishing you all a peaceful and happy season.



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