

Clinton Public School
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RE: Head Lice

Dear Parents,

Each year many children are found to have head lice. The parent, school nurse or teacher may discover it. Please read the following information and keep it for reference during the school year.

Anyone, adult or child, can get head lice. The most common symptom of infestation is intense itching on the back of the head or neck. Head lice cannot survive without a human host. They cannot survive on family pets.

Head lice are passed from person to person by direct contact or on shared objects, such as hats, combs, towels, barrettes, headphones, etc. Please teach your child to keep these items to himself and not share them.

Please check your child's head. If you do find head lice, don't panic - just follow the steps below to take care of it.

- 1. Check every member of the family.** Lice are hard to spot, so look for tiny white or tan teardrop-shaped eggs (nits) on hair shafts, near the scalp, especially at the nape of the neck and behind the ears. Head lice are small, wingless, grayish-tan insects. Any family member with lice or nits must be treated.
- 2. Use an effective head lice treatment.** Several are available without prescription. Contact your doctor or pharmacist for their recommendation. **Before using any lice shampoo, read and carefully follow all the directions printed on the carton and bottle label.** No lice product is 100% effective. **Re-treatment of all infested persons in 7 to 10 days** is recommended by the US Department of Health and Human Services to ensure complete elimination of the infestation. **Do not use a head lice treatment product more often than is recommended on the package. Always follow package directions.**
- 3. Remove all nits.** Gently comb the child's hair with the special nit removal comb. **Metal lice combs, purchased separately work best.** The plastic combs provided with most lice treatment products tend to be ineffective.
- 4. Wash clothes, bed linens and towels. Use hot soapy water then dry on the hot cycle for at least 20 minutes.** Items such as stuffed animals, headphones and hats that are not machine washable can be dry-cleaned or stored at room temperature in a tightly sealed plastic bag. **Please wash your child's jacket and back pack before returning to school.**

5. Soak combs, brushes, etc, in hot water. The hotter the better, but the temperature should be at least 130 degrees Fahrenheit. Items should soak for at least 10 minutes and all hair remaining on them needs to be removed.

6. Vacuum everywhere. To make sure the rest of your home is lice-free, vacuum carpets, pillows, mattresses, upholstered furniture, and especially car seats.

7. Girls should wear their hair tied up and back while in school.

8. No one should wear hats in school.

9. Notify the school nurse if you discover child has head lice. Relatives and other close contacts also need to be notified.

10. Children returning to school after treatment for head lice must be accompanied to school by a parent. The school nurse will check the child before the child can return to the classroom.

Through cooperation and vigilance, we can minimize the spread of head lice in our school.

Please do not hesitate to contact me at 908-735-8512, Ext. 500 or at jsedlacek@cpsnj.org if you have any questions.

Sincerely,

Jen Sedlacek RN
School Nurse