



Dear Parents/Guardians:

Please note that a case of head lice has been discovered in your child's classroom. The spread of head lice can be controlled with prompt diagnosis and effective treatment.

Your child was checked today, \_\_\_\_\_, by the school nurse. If you did not receive a call then your student was not found to have any signs of lice at this time. Please continue to check your student routinely for the next 5-10 days.

**Facts about lice:** Lice can affect anyone, regardless of background or hygiene. Lice cannot fly or jump; they are normally transferred during direct head to head contact. The best way to detect an infestation is to routinely check your child's head for head lice and their eggs (called nits). Head lice are prevalent year round. The most common months of head lice infestations are August to November. Nits are tiny & whitish in color, and may be mistaken as dandruff. But unlike dandruff, they will not brush or blow off the hair. Lice tend to gather behind the ears and at the nape of the neck. Be sure to check these areas thoroughly by lifting and separating hair strands.

**To get rid of head lice:**

1. Use a medicine that your health care provider prescribes or recommends.

Use any of these products very carefully, and consult a physician before treating children less than 2 years of age

2. After appropriate treatment, all nits must be removed to prevent reinfestation. This is a difficult and time consuming process because nits have such a firm grip on the hair. You can remove them with a special nit-removal comb. A metal tooth comb made special for removal of nits is the best comb to use. Students with head lice can return to school after being treated with a lice killing product and no live lice are seen.

3. **Check for nits daily for the next 21 days.** Most treatments recommend a reapplication 7 days later.

**If head lice are already in the household, make a clean sweep – clean your home thoroughly:** All personal head gear (hats, hair ribbons, helmets, etc.), scarves, coats, towels, and bed linens should be cleaned by machine washing in very hot water then dried using the hottest cycle of a dryer for at least twenty minutes. Personal articles such as clothing, bedspreads, blankets, pillows, or stuffed animals that cannot be washed should be dry-cleaned or sealed in a plastic bag for a period of two weeks. Personal combs and brushes should be cleaned by soaking in hot water at or above 130 degrees F for five to ten minutes. Vacuum everywhere. All rooms and furniture used by infested-household members should be thoroughly vacuumed. Vacuum all carpets, mattresses, upholstered furniture, and car seats.

As you and your family deal with this uncomfortable but common issue, keep in mind that head lice infestations are not related to cleanliness. In fact, head lice often infest people with good hygiene and grooming habits. Infestations can occur at home, school or in the community.

If you find your child has lice you must notify the school nurse.

Sincerely,

School Health Coordinator

RTR Elementary School

507-658-3301

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