POQUOSON CITY PUBLIC SCHOOLS
Office of Student Services
1033 Poquoson Avenue
Poquoson, Virginia 23662
(757) 868-3050 Fax: (757) 868-0043

Head Lice Education

Dear Parents/Guardians,

We are sending this letter to increase head lice awareness so that you may take steps at home to prevent your child from acquiring head lice.

Anyone can get head lice. Head lice are not a sign of poor hygiene and they do not transmit disease. Spread from one child to another can occur during direct head-to-head contact or by sharing of personal items such as combs, brushes, caps or helmets. Lice do not jump, fly, or swim. They are, however, good crawlers. Check your child's head weekly for lice and/or nits (eggs). Mature lice, which are no bigger than a sesame seed, avoid light and are hard to see. Lice eggs or "nits" are usually found close to the scalp – usually within ¼ inch. They appear as tiny whitish ovals that are "glued" to the hair shaft. They cannot be easily flicked away as dandruff can.

If you find head lice on your child, please notify the school and properly treat him/her at home. Continue to examine all family members for 3 weeks and treat if live lice or nits close to the scalp are found.

Check Regularly – Treat Quickly

Help Keep Head Lice Off Your Child

For more information regarding head lice or its treatment, please feel free to contact the school nurse or your physician. This is also information available on the CDC website, found at:

http://www.cdc.gov/parasites/lice/head

Thank you for your help and support,
Sincerely,

PCPS School Nurses

August 2014