

SUNSET ELEMENTARY SCHOOL

Nit Picky About Lice

- If any students have head lice or nits, they need to stay home until they have been treated.
- If you find your child does have lice or nits, please call the school office or school nurse ASAP so that you can receive helpful information. Confidentiality is always kept.
- When a student does return to school, he/she needs to be brought by a parent to the office first and confidentially checked for lice before going to class.
- A product called Lice Free is suggested to use for treatment, and it can be found at Bartell Drug store, Rite Aid as well as other area drug stores.
- A helpful website for general information is <http://kidshealth.org/parent/infections/common/lice.html> and a website with photos is: <http://health.allrefer.com/health/head-lice-pictures-images.html>

Looking for Lice

- Scratching is usually the most common sign that lice are present. Children may not even realize they are scratching their heads more. If you notice your child doing this, start looking for head lice right away. Remember head lice may be present even without this warning sign.
- When inspecting a child for head lice, part the hair into sections. Make sure the room is well-lit. The lice eggs, called nits, are whitish/grayish in color and usually very tiny. They stick to the hair shaft and must be pulled off with a fingernail to remove (or a lice comb can be used). That is one way to tell the difference between a nit and a dandruff flake. Dandruff can be easily flicked with your finger. Nits cannot be flicked or washed away. Once the nits hatch, the lice are tiny bugs usually brownish in color and are difficult to see especially on dark hair.

Prevention

- Check your child's hair routinely. During the cold weather kids are inside more and probably in closer contact with other children. Don't share hats, hairbrushes or combs.

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Myths and Facts About Head Lice

Myth: Lice "jump or fly" from child to child.

Fact: Lice cannot leap and have no wings; they can only crawl. Lice are transferred by contact, either directly or through another device (such as a comb, hat, furniture and or bedding).

Myth: The presence of lice is a sign of poor personal hygiene.

Fact: Actually head lice seem to prefer a clean scalp; and otherwise show no particular preference for a human host's sex, race, age or socio-economic status.

Myth: I should use a pesticide on every surface of my house if my child has lice.

Fact: Off of the body, lice can only survive for a day or two. Nits that hatch will die if they don't find food within hours. There is no need to clean every inch of the house. Concentrate on the hair, bedding, hats, toys, and furniture instead.

Myth: Petroleum Jelly or Vaseline is the way to kill lice.

Fact: Using petroleum jelly may smother lice, but it will take forever to remove it. You might also find it is ineffective in destroying nits.

Myth: Using Mayonnaise and a shower cap is the way to kill lice.

Fact: This is messy and it is also ineffective.

Myth: Once you kill the lice you are done.

Fact: Lice eggs (nits) will hatch after about 7-10 days. If they are not removed after you shampoo it is likely you will be reinfested shortly.