

## Dear Parents and Guardians:

There has been a case of head lice reported in your child's classroom. Our best chance for preventing the spread of lice is to have everyone's participation in detecting head lice. Please check your child's hair routinely.

### Symptoms of head lice are:

1. Itching of the scalp may be present.
2. Rash and tiny bite marks on the neck and scalp, especially evident around the nape of the neck and behind the ears.
3. Presence of nits (eggs), tiny, smooth, oval eggs which can vary in color from white to yellowish-white to dark brown, they are glued firmly at an angle to the side of the hair shaft or the louse itself. The nits stick to the hair shaft and must be pulled off with a lice comb or fingernails. They cannot be flicked off like dandruff or washed away.

If live lice or nits (eggs) are found **please notify the school** and follow the instructions below:

1. **TREAT THE HAIR.** Consult with your health care provider for recommended treatments. Read the publication [Lice Aren't Nice!](#) available from your school nurse which has suggestions for hair treatments. Many different brands of lice killing shampoos are available; some are harsher and not as effective as others. Comb and pick lice and nits twice per day for two weeks even if it appears to be getting better. The only cure for lice is the removal of all lice and nits from the head.
2. **TREAT THE ENVIRONMENT.** Wash bedding, towels and affected clothing, vacuum carpets, furniture, car seats, Remove toys, pillows, stuffed animals that cannot be laundered for a period of 10 days. Pesticide sprays are not recommended, they can be a health hazard.

### Before returning to school the following procedure should be followed:

1. Student treated with recommended shampoo or treatment used as directed.
2. Primary students need to be accompanied to school by an adult and cleared through the health room before they can return to class. Secondary students must also be cleared through the health room before returning to class.

At times, during childhood it is not uncommon to get a case of head lice. The most common method of spreading is from direct head to head contact. Discourage your child from sharing hats, combs, coats, hair accessories or pillows. Although a nuisance, head lice do not spread disease.

Please do not hesitate to call if you have any questions.

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Seattle King County Public Health: <http://www.metrokc.gov/health/prevcont/headlice.htm>  
Head lice pictures: <http://www.pediatrics.about.com/od/headlice/ig/Head-Lice-Pictures/index.htm>