

## Head Lice

Lice can affect anyone. They do not care if hair is clean or dirty. Personal hygiene or cleanliness in the home or school has nothing to do with getting lice.

Please inform your child's school if you suspect or find lice on your child. The Waterford Graded School District has a no nit policy. Students need to have had their first treatment with a lice specific product and have all lice and nits manually removed from their hair before return to school. This should mean an absence of only 1 day from school. After the initial lice treatment students should have their hair checked every day for 7-10 days at home for manual removal of any remaining nits. Nits should be removed manually. The combs that come in the package of lice treatment shampoos are not adequate. The lice specific treatment should then be repeated on day 7-10. The school should be informed of which lice product is used and the dates of the first and second treatments. There are also many items that must be cleaned and washed at home to prevent the spread of lice. This cleaning can be labor intense and should be done immediately (the same day) after the initial lice shampoo and manual removal of nits. Lice move by crawling. They do not fly or hop. They are spread by direct contact with the hair of an infested person.

Take the following steps to prevent the spread of lice

- Avoid head-to-head (hair-to-hair) contact during play and other activities.
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons or barrettes.
- At school, have students put their hats in the sleeves of their coats. Do not throw hats onto the shelf where they may come in contact with other hats.
- Do not share combs, brushes or towels.

The Centers for Disease Control website has wonderful fact sheets regarding prevention and control of lice, what are lice and the treatment of lice. I encourage you to look at these. If you have any questions or concerns please contact your friendly school nurse.

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