

Head Lice Letter for parents/guardians whose child has lice

School: _____

Date: _____

Dear Parent/Guardian:

The following is information for you about how to treat your child's head lice.

Head lice are not a sign of poor health habits or being dirty. It is spread by sharing combs, brushes, clothing, and hats and in bedding.

Head lice can happen to anyone. We realize there is a lot to do, but with vigilance, the head lice will not reoccur.

- To control the spread of head lice, your child may not return to school until his or her head is free of lice and nits (lice eggs.) There are many lice treatment shampoos on the market as well as other mechanical and manual methods of controlling the lice. Please check with your physician, health department, pharmacist or other health provider to determine what is best for your child. With whatever method of lice control you use, follow the directions carefully.
- Bedding, clothing, and hats should be laundered in very hot water (120 degrees) on the same day or evening your child is treated.
- Nits (lice eggs) are tiny, white, pearly eggs that attach themselves to the hair shaft close to the scalp. The nit can be removed manually by pinching between two fingernails and pulling it off the hair shaft, or by using a "nit comb", available in most pharmacies.
- All members of the household need to be checked when there is one case of head lice in your immediate family.
- Stuffed animals can be bagged in plastic for 2 weeks to rid them of lice.
- Vacuum the inside of the car and the car seats. Vacuum the sofa along with the carpets in your home.
- Hair color or a hair permanent is not recommended.
- It has been found that after shampooing, combing the hair and "nits" out in the sunlight is helpful. Faithful combing of the "nits" is so important. Please continue to do so for 1-2 weeks after lice treatment shampoo.

When your child returns to school, please stop by the school Clinic for the health representative to "check" your child's head before they are permitted to re-enter their class.

References: National Pediculosis Association
Texas Department of State Health Services