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Mrs. Kimberly Sigman

Chief School Administrator

Mr. William Sabo

Interim Business Administrator

Mr. Robert J Baumgartner

Vice Principal

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23 February 2023

Dear Parent or Guardian:

During the school year we will be conducting checks for head lice as indicated. In the event that head lice and/or nits are detected, school policy dictates that the child must be excluded until treated and **nit free**. **The student must be checked by the school nurse before being permitted to return to school.**

Anyone, adult or youngster, can get head lice. **It has nothing to do with cleanliness and does not reflect poorly on you as a parent.** The problem is easily managed. Just follow the instructions in this letter.

Head lice (pediculosis) are passed from person to person by direct contact or on shared objects (combs, towels, hats, headphones, etc.). Check every member of the family. Look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the nape of the neck and behind the ears. Head lice themselves are small grayish-tan-insects without wings. The most common symptom of infestation is intense itching on the back of the head or neck. Any family member with signs or symptoms should be treated immediately.

A number of medications are available without a prescription. The most effective treatment can kill lice and their un-hatched eggs and offer extended protection against re-infestation. Whatever treatment you choose, follow the instructions carefully.

After treatment, **take these steps to help keep your family members and home environment lice-free:** **1)** Soak all combs, brushes, etc., in hot water (over 130 degrees F) for 10 minutes. **2)** Wash exposed clothing, bed linens and towels in hot water and dry in a dryer on a hot cycle for at least twenty minutes. (Items not machine washable must be dry cleaned or stored at room temperature in a tightly sealed plastic bag for at least two weeks. Items such as headphones and helmets should be similarly bagged and stored) **3)** Vacuum mattresses, upholstered furniture, pillows, carpets and car seats.

Head lice cannot survive without a human host. They cannot survive on family pets. Choose an effective treatment, use as directed and perform the steps listed above to help eliminate head lice from your home and to help prevent their spread in the community. Please routinely check your children, and feel free to call me with any questions. Remember, intense itching and a reddened scalp can sometimes be a clue to further problems.

Sincerely,

*Mary Brady R.N.*

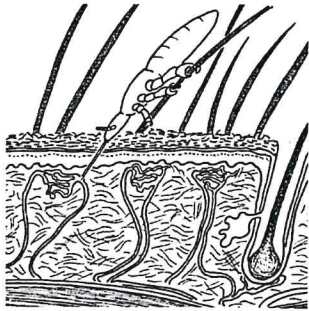
Mrs. Mary Brady, R.N.  
School Nurse



# What to do if your child comes home with head lice:

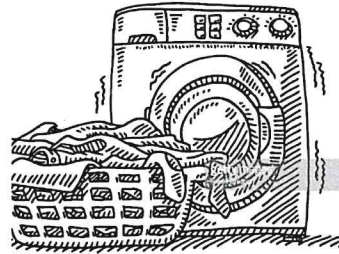
Don't panic. Anyone - adult or youngster - can get head lice. Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, etc.). It has *nothing to do with cleanliness and does not reflect poorly on you as a parent*. The problem is easily managed. Just follow the instructions below:

## 1 Check every member of the family.



Look for tiny white eggs (nits) on hair shafts, near the scalp, especially at the nape of the neck and behind the ears. Head lice are small, grayish-tan insects without wings. Any family member with lice or nits must be treated.

## 4 Wash clothes, bed linens and towels.



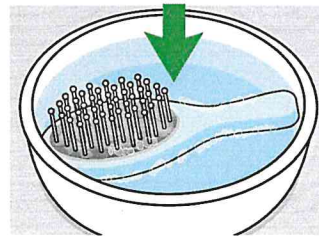
Use hot water and dry on the hot cycle for at least 20 minutes. Items not machine washable should be dry cleaned *or* stored at room temperature in a tightly sealed plastic bag for at least two weeks. Items such as headphones and helmets should be similarly bagged and stored.

## 2 Use an effective head-lice treatment.



Several treatments are available **without** a prescription. Your primary physician or pharmacist can help in your decision-making.

## 5 Soak combs, brushes, etc. in hot water.



The hotter the better, but at least 130° F. Items should be allowed to soak for at least 5-10 minutes.

## 3 Remove all nits.



Gently comb the child's hair with the special nit removal comb. These combs are usually provided with the lice treatment products

## 6 Vacuum everywhere.



To make sure the rest of your house is louse-free, you should vacuum carpets, pillows, mattresses, upholstered furniture and even the car seats. (Remember to discard the vacuum bag.)

Head lice cannot survive without a human host and they cannot survive on family pets. Choose an effective treatment, use as directed, and perform the steps listed above to eliminate their spread in the community