

# Everything you wanted to know about Lice...and more.

Lice is a common problem in schools today. It is crucial that schools AND parents/guardians work together to control the issue of lice and the continuous cycle it creates.

If lice or nits are detected on your child, please treat **IMMEDIATELY**. There are home remedies, prescription and non-prescription (OTC) options. You can discuss these options with your pharmacist or physician. Note: some OTC medications have an increased resistance to some lice; so don't give up if the first line of treatment does not work for you.

Lice will move and become dark after they have had a feeding. Nits look like clear water drops attached to a strand of hair. Even if they are not viable, more than a ¼ inch away from the scalp, they remain attached to the hair until they are combed out with a lice comb or pulled out a strand at a time. Both are extremely small.

Lice facts:

- Lice do not fly, jump or hop. They do not have wings.
- Lice need human blood and warmth found near the scalp to survive. They will die within 24-48 hours outside of this environment.
- Adult lice can live up to 3 weeks and can lay 5-10 eggs a day.
- Nits take about 7-9 days to hatch.
- Signs to watch for are itching, especially the back of the neck area and around the ears.

What do you need to do to stop the cycle?

- Treat the infestation! Assess other family members for lice for the next 7-10 days. Do not treat if there are no lice found.
- Instruct your child not to share combs, brushes, hair accessories, hats, scarves, and helmets.
- Girls should keep hair back in a ponytail, if possible.
- Do not send your child to bed with wet hair.
- Lice do not like hair products such as hairspray, gels, etc.
- Treat your home environment--
  - Wash bedding, towels and recently worn clothes in hot water and dry on high heat, at least 130 degrees.
  - Soak combs and brushes in hot water (130 degrees) for 10 minutes.
  - Bag items that cannot be laundered, such as stuffed animals and pillows for 2 weeks.
  - Vacuum floors, rugs and furniture.
  - Use lint roller on car seats, and sport helmets.
  - Backpacks and coats should be dried on high heat (130 degrees) for 30 minutes.

We need your help to stop the cycle of lice. Please take the time to help eradicate lice as soon as possible from school and from your home. If you receive a letter home stating that lice have been detected in your child's classroom, please check your child's scalp for the next 7-10 days to help eliminate any further lice contamination.

Thank you for your help.