



Head Lice

Date _____

Dear Parent of _____,

During class today, we discovered what appear to be head lice in your child's hair. Your child should be carefully checked and treated. All household members should be checked and treated, if needed. Your child may return to school the next day after the first treatment.

Head lice are passed from person to person by direct contact or on shared objects (combs, towels, headphones, etc.), so 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.

Several products are available without a prescription from your local drug store. We suggest you contact your family physician or Health Department for recommendations. If you are on a medical card, it should cover prescriptions for treatment. Follow the instructions on the product you use carefully. Most products recommend a second treatment in 7-10 days.

Please make sure your child has been treated before returning to class. It is very important to use a good nit comb to remove all the nits.

After treatment, take these steps to keep your family members and home environment lice-free:

1. Soak all combs, brushes, etc., in hot water (more than 130 degrees Fahrenheit) for 10 minutes.
2. Wash exposed clothing, (including hats, coats, gloves) bed linens, stuffed toys, book bags and towels in hot water and dry, in a dryer, on 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 10 to 14 days. Items such as headphones, helmets, non-washable book bags and stuffed toys should be similarly bagged and stored.)
3. Vacuum mattresses, upholstered furniture, pillows, carpets, and upholstery 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 eliminate head lice from your home and to help prevent their spread in the community. Your PACT Family Advocate will be contacting you within one day to see if you need more information on treating and making your home environment lice-free. Feel free to call her if you have questions before she arrives.

Sincerely,

PACT Teacher

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