



Dear Parent or Guardian:

Thank you for your prompt attention to the following matter: To our dismay, head lice have been discovered on one or more heads at your child's school. **There is no cause for alarm;** head lice are fairly common among school-aged children. There are about 8 to 12 million cases each year. Don't worry – a case of lice does not mean the infested person has poor hygiene. Lice infest both clean and dirty heads alike, and actually prefer clean heads.

Head lice are tiny parasitic insects that infest human hair, feeding on the host's scalp. They lay their eggs, also called "nits", on hair shafts about 1/8" above the scalp. While **lice do not carry disease, they are contagious** through contact. They spread by shared brushes, combs, hats, scarves, etc. or through head-to-head contact with an infested person's head.

Head lice **can cause decreased attention span in school** as well as **irritability** in some cases. The main symptom is an "itchy" scalp, but not always – so it is important to check your child's head. The good news is that head lice can be safely treated at home. Your assistance is key to eliminating lice from our school as soon as possible! Please use the checklist below to help us control the lice outbreak.

- Examine every head in your home very carefully for any sign of nits and/or lice.
- Tell your children to avoid head-to-head contact and any sharing of combs, hats, barrettes or other personal items commonly worn on the head.
- Please contact the school nurse if you find lice or nits on your child's head so an outbreak can be contained.

If LICE / NITS ARE FOUND, use the process outlined below to eliminate them. (Please follow label instructions carefully.)

1. **Treat heads** with a lice & egg-killing solution (*pediculicide*) like Nix[®] Crème Rinse.
2. **Remove any remaining eggs** with a durable fine-tooth comb, such as Nix's[®] sturdy metal delousing comb, after each application of crème rinse. **Long or Curly hair?** Nix's[®] Premium Two-Sided Metal Comb helps detangle hair that is difficult to comb first, making the removal of eggs from the hair easier and faster.
3. **Kill any remaining lice in your home.** Vacuum all carpets and upholstered surfaces, hot wash & dry (at least 20 min) all exposed clothing and linens, and for non-washable items, dry clean or tightly seal in a plastic bag for 14 days. Larger items, like couches and beds, can be treated with Nix[®] Lice Control Spray.

If you have any questions about lice or how to eliminate them, please contact me or your healthcare professional for support and advice. You may also visit www.nixlice.com for illustrated instructions on head lice detection and elimination, as well as where to purchase Nix[®] lice treatment products.

Thanks again for your cooperation,

School Nurse

Contact Tel. # for Nurse



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