

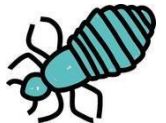
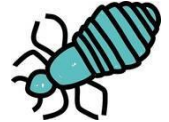
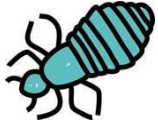
With the start of every new school year when students gather together more frequently, the identified cases of lice rise. That and with the cooler hat weather beginning, it's time to send out this lice prevention reminder...

Lice Prevention Tips From the School Nurse

Lice are always in the community, but they are preventable! Here's what you can do....

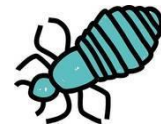
1. Talk to your children about ways to avoid getting lice.

- a. Avoid prolonged head to head contact.
- b. Encourage your children to avoid sharing things that have been on or near another child's head, including brushes, combs, hair ties, hats, scarves, pillows or helmets. (Middle school students like to do their friends' hair-please send them with their own supplies!)
- c. Teach your child to put hats and scarves inside their jacket sleeves and not to "pile" their coats at extracurricular activities
- d. Regularly clean things that come into contact with your child's head such as car seats, pillows or head phones



2. Check your child's hair on a regular weekly basis.

- a. Nits (eggs) are more likely to be detected than lice unless the infestation is significant. They will be located close to the scalp, on the hair shaft.
- b. Observe increased scratching and irritability.



3. Inform the school if your child has lice.

- a. All information will be kept confidential.

4. Visit the D303 website under "Health Services" for more information.

Please call the Thompson Middle School Health Office for further questions or assistance.
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