

## RSU 73

Dear Parents/Guardians: Please see below for helpful information on how to treat lice. Please feel free to contact your school nurse if you have any questions or concerns.

**WHAT TO LOOK FOR:** Lice are small insects about the size of a sesame seed, usually light brown in color though they may change color to blend with hair. They shy away from light so are very difficult to see. Diagnosis is usually made because of the presence of nits (lice eggs). Nits are tiny, yellowish oval specks that are attached to the hair shaft about ¼ inch from the scalp. The louse cements nits on so they are difficult to remove, they will not wash off or blow away.

### WHAT TO DO IF YOU FIND LICE/NITS:

1. **Please do not treat your child unless there are live lice in the hair. Treatment will not prevent lice. Check other family members but treat only those that have live lice.**
2. If you find nits, please continue to check your child's hair daily for live lice.
3. If you find live lice please treat your child. There are many possible treatments for head lice:
  - Over the counter or prescription lice treatments – follow package directions.
  - Hair lubrication like cheap conditioner, mayonnaise, or olive oil. (Lather on hair from root to tip, apply shower cap, leave in place for 2 hours, and then rinse)
  - Manual removal with a lice comb or by hand.
4. Whichever treatment you choose **must be accompanied by thorough combing of live lice and nit removal.** This is best done using a fine tooth lice comb (metal ones are best), combing through the hair in sections until all live lice are removed by hand. All visible nits should be removed by hand.
5. Every day for 14 days following this treatment, run the lice comb through dry hair (preferable in the morning before school) to remove any tiny lice that may have hatched from missed nits. (The tendency is to quit combing after a few days finding no lice, but eggs may hatch up to 10 days after being laid leading to a second infestation.)
6. Change and launder bedding that day and weekly after that. Launder clothing, coats and hats worn in the last few days. Otherwise, spend the most time removing lice and nits from the hair.
7. You may do some light vacuum of the home (rugs, couch, etc), however do not use sprays – they are unnecessary and may be harmful.
8. Combs and brushes may be scrubbed with a toothbrush or soaked in warm soapy water or boiled.
9. No school time need be missed.
10. **Girls - please wear your hair up in a ponytail everyday!!**