

Communicable Diseases and Conditions

SAMPLE 13

WAKE COUNTY PUBLIC SCHOOL SYSTEM

NAME OF STUDENT _____
NAME OF SCHOOL _____
DATE _____

Dear Parent:

Your child was checked at school today and was found to have head lice. We are asking that you treat your student before he/she returns to school. Instructions are below. Please send a note stating treatment was given when he/she returns.

There are lice shampoos, preparations to help loosen nits, and nit combs available at the drugstore or discount stores such as Wal-Mart, that you can buy without a prescription. The following procedure is suggested:

1. Cleanse hair thoroughly according to directions on the lice shampoo box. Be sure to use the entire bottle and apply to **dry hair**, if the directions say this.
2. Check all family members and close contacts, such as friends, if head lice are found. It is important to use the medicated shampoo only on people who actually have lice. These shampoos will **not prevent** someone from getting lice.
3. **Use a fine toothcomb, preferably a metal one, to remove nits that are ¼" or less from the scalp.** This is a time consuming but necessary procedure. Nits are eggs that will hatch within a week and restart the cycle if they are alive. Check your child's scalp every day for 14 days for nits that may have been missed.
4. **Use the medicated lice shampoo again 7 to 10 days after the initial treatment. Please send the teacher a note when this is done.**
5. Do not use lice shampoo more often than directions state as this may be harmful.
6. Never use dangerous home remedies such as kerosene, to treat head lice.

The following household cleaning procedures are advised.

1. Instruct family members not to borrow combs, brushes, hair scrunchies, sweaters, scarves, coats, hats and other personal belongings.
2. Washable clothing and linens that have been used by the person who has head lice should be washed in very hot water to kill any nits that have fallen off the head. (Use of a dryer at high heat for 20 minutes or ironing with hot iron will also kill nits.)
3. Clothing that is not washable should be dry cleaned or placed in a plastic bag and sealed for a period of 10 days.
4. Soak combs and brushes in a solution of medicated lice shampoo (2 tablespoons to 1 cup water) for 1 hour, or heat a pan of water on the stove until just before the water starts to boil. Remove from heat and immediately place combs and brushes in heated water and leave for 5-10 minutes.
5. Mattresses, pillows, upholstered furniture, carpets, cloth car seats and other such items should be vacuumed. Dispose of vacuum bag in outside trash can.
6. Insecticide sprays will not kill lice or nits.

If you have further questions, please contact your doctor or your School-Based Public Health Nurse (contact information is available in the school office.)

Sincerely,

School Principal

Communicable Diseases and Conditions

SAMPLE 14

WAKE COUNTY PUBLIC SCHOOL SYSTEM

INFORMATION ABOUT HEAD LICE

For reasons we do not completely understand, cases of head lice continue to occur frequently in the community. Fortunately, head lice do not pass any illness along. Therefore they are not a health hazard but are a frustrating nuisance. Parents may think that only people who are dirty can get lice, but this is not true with head lice. (Children and adults of all socio-economic levels can be affected.)

HOW YOU CAN GET LICE

Usually lice are spread directly from person to persons as people put their heads together (even for a second). Lice do not jump from head to head. They can only crawl. They may, also, be spread by sharing combs, hats, scarves, sweaters, coats, brushes, and pillows or by co-mingling of these items at the homes of friends, at school, at church, or other public places. Lying on an upholstered chair or on carpet where lice have recently fallen are, also, ways to get them. A person cannot get head lice from animals or from grass or trees. Someone with short hair can get lice as quickly as someone with long hair.

WHAT TO LOOK FOR

Head lice are small insects that are about 1/10 to 1/8 of an inch long, (About this (-) long). They are grayish white with dark margins. They do not have wings, but have three legs on each side of their body so they can hold tightly on the hair. Lice require about five blood meals a day so adults can live only about 48 hours when not on a human host. On the head, lice can live for 28-30 days. They lay tiny silvery, white eggs called "nits", which are about 1 mm. long (') and are attached by glue like substance to the hair shafts within 1/4" of the scalp. The eggs hatch in 7 to 10 days. Lice cause intense itching of the scalp.

To find lice, look through the hair carefully, especially, at the back of the neck or behind the ears for the "nits". Nits cannot be removed easily from the hair - dry skin or lint will brush off easily.

WHO TO TREAT

Examine all family members for lice and nits. Treat all infested individuals.

HOW TO TREAT

1. Several medications are available; Kwell which requires a prescription from you doctor, and others which can be purchased over the counter, (RID, NIX, A 200 Pynrate, Cuprex, R and C). You may wish to consult with your physician before deciding which one to use. The medicated shampoos all kill crawling lice, but one cannot be certain that any of them will kill all of the eggs.
2. Therefore, a fine toothcomb must be used after the shampoo to help remove the eggs, which will still be attached to the hair, dead or alive.
3. Automatically repeat the treatment once in 7 - 10 days. If a prescription shampoo is used, follow the advice of your doctor. It is important not to exceed the recommended treatment.
4. **Never** use alternative home remedies, such as kerosene.
5. The following household procedures are necessary to prevent re-infestation and must be repeated with each treatment.
 - a. Washable clothing, linens, etc., which have been in contact with the infested person, should be washed in hot water, 55⁰ C or 131⁰ F, for 20 minutes. (Use of a dryer at high heat for 20 minutes or ironing with hot iron will, also, facilitate destruction of nits.)
 - b. Clothing which is not washable should be dry cleaned or placed in a plastic bag and sealed for a period of 10 days. Stuffed animals from a child's bedroom should be sealed in a plastic bag for 10 days.
 - c. Soak combs and brushes in a two percent (2%) Lysol solution or a solution of medicated shampoo (2 tablespoons to 1-cup water) for one (1) hour, or heat a pan of water on the stove until just before the water starts to boil. Remove from heat and immediately place combs and brushes in heated water and leave for 5-10 minutes.
 - d. Mattresses, pillows, upholstered furniture and carpets should be cleaned thoroughly with vacuum cleaner.

HOW TO PREVENT

1. Instruct your family members not to borrow combs, brushes, hats and other personal belongings. Nightly brushing and combing may injure or dislodge from the hair any lice that have crawled on during the day before they have a chance to lay eggs. In school, students should be assigned individual wall hooks; piling up caps and jackets in rooms or on playground should be avoided.
2. Please check your child often. Parents of children who have lice will be asked to keep them at home until they are treated.