

Cases of head lice have been reported to the Wrightstown Elementary School office. This is not cause for panic but cause for action to prevent any spreading of head lice. It is very important for you to check your child's head and continue to check sporadically over the course of the school year.

Head lice are spread most commonly by direct head-to-head (hair-to-hair) contact. However, much less frequently they are spread by sharing clothing or belongings onto which lice have crawled or nits attached to shed hairs may have fallen. The risk of getting infested by a louse that has fallen onto a carpet or furniture is very small. Head lice survive less than 1-2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the scalp.

The following are steps that can be taken to help prevent head lice:

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, camp).
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Do not share combs, brushes, or towels. Disinfest combs and brushes used by an infested person by soaking them in hot water (at least 130°F) for 5-10 minutes.
- Vacuum the floor and furniture thoroughly
- Add tea tree oil, lavender or coconut oil to your daily shampoo
- If you do find head lice on your children call your family physician for what is the best treatment for your child

If head lice is found:

- Examine child's head, especially behind the ears and at the nape of the neck for crawling lice and nits.
- All household members should be examined if lice or nits are found on a family member. Only those with evidence of an infestation should be treated.
- Head lice treatment must be followed exactly as instructed on the package. Removal of all nits is required after successful treatment. This is a difficult and time-consuming process because nits have such a firm grip on the hair. You can remove them with a special nit-removal comb.
- Check for nits daily for the next 21 days. Most treatments recommend a re-application 7 days later.
- Soak all combs and brushes in very hot water for about 1 hour.
- Wash sheets, blankets, bedding in hot water.

If your child has head lice, he or she can come back as soon as the shampoo has been used, you have removed all the nits from your child's hair, and you have cleaned or stored personal items. Remember that you must keep checking your child's hair for new nits every day for at least 3 weeks and then periodically thereafter.

Your child must be checked by the school nurse or teacher before he or she is allowed to come back into the classroom. We have a "No Nit Policy" at school which means all eggs must be removed.

As a school, we are taking every precaution. Please inform the office if you find that your child has head lice. That information will be confidential and will also help us know which rooms to keep an eye on.

Thank you for your cooperation!