January Lice Newsletter

Cold weather doesn't deter head lice as they stay warm and cozy on the head. As more coats and hats come out, it is a good time to review with your children the need to keep their outer wear away from other student's things in the classroom. As we come back from winter break, there frequently is an increase in head lice showing up on students. This is because they spread from head to head contact during play or sleep-overs which happen more often during the break. Then they first get noticed in the classroom when students are sitting still and being observed as they do their classroom tasks.

What you can do:

- Check your child about once a month for signs of lice or nits in the hair.
- Teach not to share hats, scarves, or other hair items and to avoid head-to-head contact.
- Long hair can be braided or pulled back to reduce accidently brushing against others.
- If you find head lice or are notified that your child is suspected of having them, do not panic. They do not carry disease and there are effective ways to get rid of this pest.

What we do if head lice are suspected on a student:

- We call parents/guardians of the student to inform them and discuss treatment options.
- The student will be reminded not to share hair items or have head to head contact.
- The student can go home as usual at the end of the day, to be treated that evening and can return to school the next day if they have been treated
- For communication, if a classroom has two or more students with infestations, other parents at grade level will be notified that head lice have been an identified at school. Identities are never disclosed in this notification.

If your family is having difficulty getting rid of head lice, or cost of treatment is a problem, please contact your school nurse for help and support. For more information on how to treat, please see visit the Families tab on your school website and click on health. More information about head lice and treatment can be found on the website at www.cdc.gov/lice.