

COUNCIL ROCK SCHOOL DISTRICT

FACTS YOU SHOULD KNOW ABOUT HEAD LICE:

1. Adult head lice are small grayish white or brown, wingless insects approximately 1/8 inch in length. **LICE DO NOT JUMP OR FLY.**
2. Lice cannot survive more than 24-48 hours off of the head.
3. Lice lay tiny oval, white nits (eggs) – not to be confused with dandruff which is flaky, or droplets of hair spray. Nits are attached to the hair shaft with a gluey substance. Nits are waterproof, and will not come out with routine combing or brushing. A metal (not plastic) nit comb should be used for 2 weeks to remove the nits. Any eggs that cannot be combed out must be removed. You can do this by picking them out with fingernails or by cutting a single hair between the scalp and where the egg is attached.
4. Lice may be transmitted from one person to another through direct head to head contact or when they share combs, brushes, hats, scarves and helmets. Children are much more likely to get lice from family members and playmates than from classmates at school. If your child has head lice, it is advised that you check all family members' hair for lice.
5. The first sign of lice may be intense itching of the scalp. Lice and eggs may be seen. By the time a child with an active head lice infestation has been identified, he or she may have had the infestation for one month or more.

WHAT TO DO IF YOU DISCOVER LICE OR THEIR EGGS:

1. Contact your doctor or pharmacist for the suggested medicated shampoos that are available. Please follow the instructions thoroughly. If directed, repeat the treatment according to the package directions (usually in 7-10 days).
2. Please contact the school nurse if you think your child has lice or nits for confirmation and monitoring in the school.
3. Remove all nits after the shampoo treatment otherwise they will remain on the hair. You will want to remove the nits so you can continue to check your child for several weeks for repeat occurrence. Due to product resistance, it is necessary to remove all nits, since not all may have been killed after the first shampoo and a re-infestation before a second treatment may occur.
4. Use a strong light directed on your child's head while removing nits. Picking them off by hand is the most effective method of removing them.
5. Once head lice enter a home, they can move easily from one person to another. Inspect everyone daily for 2-4 weeks. Wash in hot water or dry clean clothing and bedding that comes in contact with your child's head. Use dryer at high heat. Sterilize brushes and combs. Vacuum carpets and furniture.

