

Dear Parents,

In an effort to prevent an outbreak of lice, please check your child's hair carefully. Lice are hard to spot. The eggs or nits are found on the hair shaft near the nape of the neck, behind the ears and at the crown of the head. Please check your child and other family members daily for several days. Intense itching is a hallmark sign that your child may have lice. However, lice may be present with only mild itching or no itching at all.

**If you discover lice or nits please notify Nurse Anna. All information will be treated confidentially.**

If you find lice or nits please treat your child. There are many local treatment centers around the Charleston area, including Lice Beware in Mt. Pleasant. Additional treatment guidelines may be found at

<http://www.cdc.gov/parasites/lice/head/treatment.html>.

While pre-school and elementary students are more likely candidates for head lice, students of all ages can come in contact with head lice in the community. Lice are easily transmitted from shared objects like combs, and hats. However, because they do not jump or fly and can only survive on a human host, the most common way to get lice is head to head contact with a person who has them. Lice do not carry disease and do not indicate that a child's hair is dirty. In fact, lice prefer a clean, healthy head of hair.

Here are some recommendations from the CDC for the prevention of 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. Disinfect combs and brushes used by an infested person by soaking them in hot water (at least 130°F) for 5–10 minutes.
- All items that were in contact with the affected person(s) within the 3 days prior to treatment (i.e. clothing, jackets, hats, linen pillows, toys) can be washed in hot water and dried in a hot dryer for 15 minutes. Dry clean items that cannot be washed.

(CDC, 2016)

Some other tips include:

- Have girls wear their hair up to prevent direct contact with others
- Lice/nits also love clean hair so washing hair less often can help keep them away
- Hairspray and hair gel can sometimes help prevent the lice from attaching to the hair
- There are some lice prevention products sold as well. One is "Fairy Tales" natural Rosemary Repel. The following link has information about the product and you can search where to buy it. <http://www.fairytaleshaircare.com/all-products/rosemary-repel-lice-prevention>

Thank you for your help in eliminating the spread.

Best Regards,  
Nurse Anna