



SEPTEMBER IS

HEAD LICE

PREVENTION

MONTH

Check your children often.

Dear Parents:

Head lice season – September through November – is the time of the heaviest incidence of infestation. Your help is needed to prevent and detect the presence of head lice in our schools. The following suggestions are offered by the National Pediculosis Association:

- ❖ Watch for signs of head lice, such as frequent head-scratching. Anyone can get lice...from another person or from sharing hats, brushes, combs, etc.
- ❖ Check all family members for lice and nits (lice eggs) at least once a week. (It helps to use natural light and a magnifying glass.)
- ❖ Treat only those family members who do have lice. Buy a lice product at your drug store, the pharmacy section of your foodstore or call your doctor for a prescription.
- ❖ Follow package directions carefully! Use the product over the sink (not in the tub or shower).
- ❖ Call your doctor first if you are pregnant, nursing or allergic to weeds, plants, etc. Never use a lice product on your baby!
- ❖ Remove all nits (which will stay on the hair after treatment). This is essential! You can do this with a special lice comb, scissors or your fingernails.
- ❖ Wash sheets and recently worn clothing in hot water and dry in a hot dryer. Combs and brushes may be soaked in hot (not boiling) water for 10 minutes.
- ❖ Vacuuming is the safest and best way to control lice on mattresses, rugs, and furniture. Stuffed animals should be placed in a plastic bag.
- ❖ Continue to check heads every day for 2-3 weeks to make sure head lice are gone. Regular checking is the best prevention.
- ❖ When you find a case of lice, tell others! Call your child's school or daycare. Notify neighborhood parents.

We hope this information is helpful to you. Should you have questions, or need help in detecting and identifying the presence of head lice, contact the school nurse at Grandview or Gould School.

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