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WHAT ARE HEAD LICE?

Head lice are tiny, wingless insects that live on the human scalp and feed on blood. Nits are lice eggs, which are attached to hair shafts close to the scalp. Lice do not jump or fly – they spread through direct head-to-head contact or by sharing personal items like hats, brushes, or bedding.

STEP-BY-STEP HAIR TREATMENT INSTRUCTIONS

1. **Use an Over-the-Counter (OTC) or Prescription Lice Treatment:**
 - Follow package instructions exactly.
 - Do not use conditioner before applying the treatment, as it can reduce effectiveness.

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- After treatment, use a **fine-toothed lice comb** to remove lice and nits. Section the hair and comb thoroughly, especially near the scalp.
- 2. **Repeat Treatment in 7-10 Days:**
 - Most treatments do not kill nits. A second application ensures any newly hatched lice are eliminated.
- 3. **Check All Family Members:**
 - Examine hair and scalp under good lighting. Treat anyone who has lice or nits.

CLEANING THE HOME ENVIRONMENT

While lice cannot live long off the scalp, cleaning your home helps prevent re-infestation.

Do the following on the day of treatment:

- **Wash bedding, clothing, and towels** in hot water (at least 130°F) and dry on high heat.
- **Vacuum carpets, furniture, and car seats** thoroughly.
- **Seal non-washable items** (stuffed animals, pillows, hats) in a plastic bag for 2 weeks.
- **Soak combs, brushes, and hair accessories** in hot water (at least 130°F) for 10 minutes or wash in the dishwasher.
- Avoid using sprays or fumigants – they are not necessary and can be harmful.

PREVENTING REINFESTATION

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- Avoid head-to-head contact.
- Do not share personal items like hats, brushes, or headphones.
- Check your child 's hair daily for 2 weeks.
- Keep long hair tied back to reduce contact with others.

WHEN CAN MY CHILD RETURN TO SCHOOL?

Your child may return once:

- Lice treatment has been started.
- No live lice and/or nits are present.

Thank you for your attention and cooperation. If you have questions or need further support, please contact the school nurse or your healthcare provider.

School Nurse Contact:

Carli Weiler - Director of Health and Wellness
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