

## **PREVENTION OF PEDICULOSIS (HEAD LICE)**

January 2012

Dear Parents/Guardians,

It's difficult to prevent the spread of head lice among children in a school setting. There's so much close contact among children and their belongings that lice can spread easily. It's no reflection on your hygiene habits or those of your children, and it's not a failure on your part as a parent if your child gets head lice.

Ordinary and consistent hair care is the best way to discourage head lice, as they are fragile and easily damaged.

- Shampoo regularly.
- Brush vigorously (at least once a day).
- Inspect scalp weekly.
- Keep long hair tied back.
- Tell your child to try to avoid head-to-head contact at school (in gym, on the playground, bus or during sports) and while playing at home with other children.
- Tell your child not to lie on bedding, pillows, and carpets that have recently been used by someone with lice.
- Examine members of your household who have had close contact with a person who has lice every 3-4 days. Then treat those who are found to have live lice or nits close to the scalp.
- Tell your child not to share combs, brushes, head gear, hats, scarves, bandanas, ribbons, barrettes, hair ties or bands, towels, or other personal care items with anyone else, whether they may have lice or not.
- Don't routinely use a chemical based treatment as a preventative.

Following these simple preventative measures will have you on your way to keeping your family lice-free.

Sincerely,

Theresa Svab  
School Nurse