



BEDFORD CENTRAL SCHOOL DISTRICT
School Health Services
THE FOX LANE CAMPUS, P.O. BOX 180
MOUNT KISCO, NEW YORK 10549
914-241-6000

Dr. Robert Glass
Superintendent of Schools

Dr. Louis Corsaro
Medical Director

HEAD LICE ALERT

Dear Parents,

Head Lice have been reported in your child's class. To correct the amount of misinformation and dispel myths about head lice, here are some important facts and tools that will help you **detect and combat lice** should you find them on your child.

What are head lice?

- Head lice are tiny, wingless, parasites that feed on the human scalp.
- Human lice are not found on household animals.
- They do not fly or jump, but they do crawl at high speed.
- They infest people regardless of age, race, sex or socioeconomic class. · They are not an indication of poor hygiene.

Where do head lice come from?

- Studies show head lice have been around since the dawn of time.
- The most common method of transfer is by direct head contact between two people. · Transfer also may occur through shared combs, brushes, hats, helmets and other headgear. **Please reinforce with your child not to share these things! How do you know if your child has head lice?**
- Itching and scratching their head may be a sign of possible infestation-check for lice. · Examine your child weekly to catch an infestation as early as possible. · Use a bright light or lamp (and a magnifying glass if you have one) to examine your child's head.
- Upon examination, the lice are translucent to a whitish-grayish-brown color and about the size of a sesame seed. More likely, you will see the tiny cream-colored to grey colored eggs (nits) attached to the hair shaft about ¼ to 1 inch away from the root. The nits look like dandruff but cannot be easily removed or brushed away. Usually, the nits are found at the nape of the neck or behind the ears, however they can appear anywhere on the hair.

How do I end head lice infestation?

Attached are 10 steps to help you control and combat lice as well as online resources and local lice removal companies. **DO NOT SEND YOUR CHILD TO SCHOOL IF YOU SUSPECT HEAD LICE. SEEK TREATMENT FIRST.** Once your child has been treated, they should report to the Health Office for a head check before returning to class. Please contact me if you should have further questions. Thank you for your cooperation.

School Nurse



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10 STEPS TO HELP YOU CONTROL LICE

1. Watch for signs of head lice, such as frequent head scratching.
2. Check all family members for lice and nits (lice eggs) at least once a week.
3. Treat only those family members who do have lice. If you aren't sure which head lice shampoo is best, ask your pharmacist or health care provider.
4. **Follow package directions carefully.**
5. If you are pregnant, nursing or allergic to weeds, plants, etc., call your health care provider before using any lice product. **Never use a lice product on your baby or a child under 2** unless directed by your health care provider.
6. **Remove all nits** (which will stay on the hair after treatment). **This is essential!** You can do this with a special lice comb.
7. Wash sheets and clothing in hot water and dry in a hot dryer cycle for at least 20 minutes. Combs and brushes may be soaked in hot water for 10 minutes. Stuffed animals that can't be washed should be put into a plastic bag and sealed for 2 weeks.
8. Vacuuming is the safest and best way to control lice on mattresses, rugs and furniture and car seats as well. Please remember to discard the vacuum bag! **Spraying the house is NOT recommended.**
9. Continue to check heads every day for 2-3 weeks after treatment to make sure head lice are gone. **Weekly checking throughout the school year is the best prevention.**
10. When you find a case of lice, **tell others!** Call your child's school or daycare and notify friends and parents of your child's playmates. You should not be ashamed to have head lice as ANYONE can get head lice. **Let's work together to STAY AHEAD of head lice!**

Websites for further information:

www.cdc.gov/lice/head/treatment

www.headlicel.org

www.cdc.gov/parasites/lice

YouTube has several videos to watch. ie: From Head lice to Dead Lice.