



Greetings from the Hart Clinic:

Each month your school nurses will be sending out helpful, health tips to help keep your child healthy and successful during the school year! We are always available to answer any questions you may have! We look forward to a great school year with your child!

LICE INFORMATION

Of all childhood diseases that can spread from one child to another, only the common cold occurs more often than head lice. Anyone can get head lice. Head lice do not carry disease, nor does their presence indicate that a child is "dirty." In fact, clean heads are more likely to become infested than dirty or dandruffed ones. Head lice are generally transmitted from one person to another by direct personal contact and by sharing of personal items (combs, brushes, hats, scarves, coats, bike helmets, headphones, etc. anything that comes in contact with the head, neck or shoulders).

From time to time isolated cases of head lice have been identified in our community. When a case is found, that student is excluded from school until adequate treatment has begun. Parents can, and must, help us to eliminate this problem at our school and in our community. **YOU** are the first step in the prevention of head lice.

Although an annoying problem, head lice should not trigger undue alarm, just immediate action. The following information should help: Examine your children for indication of infestation regularly (after hair washing is a good time). Use good light and a magnifying glass to inspect the hair and scalp. Look for tiny grayish crawling forms and/or tiny whitish oval eggs stuck to the hair shafts about 1/4 inch from the scalp. The eggs (nits) are very difficult to remove, unlike dandruff. In the early stages, you may have to look carefully through the hair, especially behind the ears and at the base of the neck. Head scratching and intense itching of the scalp are common signs of head lice.

If you find that your child has head lice, **please notify the school nurse.** The nurse can answer your questions and give you detailed information about how to eliminate the problem. Serious infestations in schools usually occur when people fail to report the problem due to a feeling of social "stigma". Remember **anyone can get head lice!** With early detection, immediate reporting, and proper treatment, the problem can be quickly eliminated.

The best remedy for head lice is prevention. That is why you are receiving this letter. Please remind your children not to share personal items. Do regular head checks on your children. Inform the school nurse immediately if you discover head lice. These simple steps will help keep our community lice free!

Remember Screen, Detect, Remove, and Protect!!!!

Thanks for helping!

Allison Wright, RN, BSN

Hart Elementary School Nurse

