

October 1, 2018

Dear Parents,

Since the start of school year I have been notified that 2 students have had head lice. I would like to remind parents that with school and extracurricular activities in full swing, please be vigilant if your child complains of having an itchy head. If you have concerns about checking your child please let me know. If lice is found treatment needs to be done immediately. There are many over the counter products and a few local companies that specialize in lice treatment. Please ask me for details if necessary.

If your child complains of having an “itchy” head please check for head lice. If you have not seen lice before, “lice” will typically be grayish to brown in color and moving on or close to the scalp. To check for a nit (lice eggs) you should be looking on the hair shaft for whitish or gray specks. Usually they are close to the scalp. The nit actually attaches itself to the hair shaft. Nits are not easy to remove whereas with a dry, flakey scalp you can easily push away the flakes.

Please take this opportunity to discuss with your child the importance of not sharing hair brushes, hair ties, combs, hats, visors, sports equipment such as helmets or anything else that you would wear on your head. For “sleepovers” it would be a good idea to always send/bring your own pillows along. Also, interesting enough it is now believed that taking “selfies” has contributed to the increase in lice incidents with head to head contact for the picture. Having lice is by no means a sign of poor hygiene. It can be picked up anywhere. According to Shirley Gordon director of Head Lice Treatment and Prevention Project at Florida Atlantic University, “while lice are often discovered at school, only one in 10 infestations begin there”. Please note that head lice are not something that can be picked up from or passed to your pets.

If head lice is found there are many over the counter remedies available at the drug store. It is very important to follow every step very carefully and follow up treatment must be done according to the directions. Repeating the treatment after 5-7 days depending on the product used is **most important**. All clothing and bedding must be washed in “**hot**” water. All toys must be cleaned and those that can not go through the wash should be put in zip lock bags for 2 weeks. Also, make sure furniture and carpet is vacuumed well and don’t forget about your car too. I ask that you notify me so I can attempt to keep it under control at school.

If you have any questions please feel free to contact me at lblack@allsaintsjupiter.org

Sincerely,
Lynn Black, RN