

Cumberland School District

Dear Parents:

There is a case of Pediculosis (head lice) in your child's grade. Please observe your child for symptoms of excessive scratching of the head. Also look for light gray insects laying eggs "nits" in the hair, especially at the nape of the neck and behind the ears. Eggs hatch in 8-9 days and are capable of reproducing in 9-12 days. Lice can live off the human body for 48 hours.

If your child has lice, keep him/her home until treated (should not need to miss more than one day of school). You can buy the products over the counter, but call your healthcare provider or pharmacist if you prefer for advice about the different products available.

Care of your home:

- *floors, rugs, pillows, and upholstered furniture should be thoroughly vacuumed

- *clothing, linen, and cloth toys handled by the infested person during the 2 days prior to diagnosis need to be washed in hot water(at least 130 degrees) or dried in the dryer for at least 20 min on the hottest setting

- * items not able to be washed or dried may be dry-cleaned or sealed in a plastic bag for at least 10 days, to kill all nits.

- *combs and brushes should be fully immersed in water hotter than 130 degrees, lysol, rubbing alcohol or a pediculicide for one hour

- *spraying or fogging the home is not recommended and may be harmful

You are encouraged to check your child's scalp and hair for lice and nits every 1-2 days for 2 weeks, until all signs of infestation are gone. Nits must be removed from hair to avoid reinfestation. Also treat your child a second time as directed on the product used. If you discover lice or nits on your child **notify the school immediately**. Then we can notify parents and take precautions at school to prevent it from spreading. If you have questions please call me at the school.

Mrs. Kristin Olson, RN
School Nurse

(over)

Facts about the spread of head lice

Direct transfer: head to head contact is the greatest risk, direct contact with the hair of the infested person

Indirect transfer: sharing objects (e.g. combs, brushes, hats, headbands, headphones, blankets, pillows, carpeting) that had contact with human hair infested with head lice within the previous 2 days, may allow transfer of live lice.

Head lice **CANNOT** jump or fly from head to head.

Head lice **CAN** crawl very quickly from hair to hair and from the head of an infested person to the head of a non-infested person if their heads are touching.

Adult head lice and nymphs can be spread from person to person or contaminated objects to person, nits cannot be spread in this way.

Pets **DO NOT** spread head lice. Head lice feed on human blood only.

Head lice are not an indication of poor personal hygiene or unclean living environments.

Shaving the head of an infested person is not recommended. Also use discretion when cutting long or thick hair to assist in nit removal.