

**M★N★S★**

**Millidgeville North School**

**500 Woodward Ave**

**Saint John, NB E2K 4G7**

**Tel: (506) 658-5353**

**Principal: Michael Whelton Vice-Principal: Michelle Price**



Dear Parents/guardians:

At School today a member of your child’s class was found to have head lice. Please review the attached sheets and then examine your child’s hair for signs of head lice.

Remember that head lice are only about 2 to 4mm long and are often hard to see. Head lice can move at up to 30cm per minute and will rapidly run away when the hair is parted to search for them. Applying hair conditioner to the hair slows the head lice down so they can be seen, trapped and removed by combing with a metal nit comb.

If you find head lice or their eggs in your child’s hair it is important to check all other members of your household for head lice. The conditioner method noted above is recommended for **detection purposes only**. Treatment is necessary for only those who have head lice and/or eggs and all of these people need to be treated at the same time.

The Department of Health recommends that children be excluded from school until the first treatment for head lice is complete AND there is no evidence of live crawling lice.

Finally, please complete the section below and send it back to the classroom teacher when your child returns to school.

Thank you for being part of this school’s cooperative approach to head lice management.

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**YES** – I have checked my child’s hair according to the instructions

\_\_\_\_\_\_\_\_ I found no head lice or eggs

\_\_\_\_\_\_\_\_ I found head lice and/or eggs and will continue to treat

**NO** – I have not checked my child’s hair because: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What are head lice?**

Head lice are tiny insects that live on the human scalp. These insects lay eggs called nits, which stick to the hair close to the scalp. Head lice do not spread disease. Having head lice does not mean you are not clean.

**How are head lice spread?**

Head lice are spread by head-to-head contact with another person who has head lice. They cannot fy, jump or swim. Brushes and combs can transfer mature head lice. Lice are not likely to leave a warm head to lurk in clothing, furniture and bed linen where it is cold and there isn’t any food. Therefore these items are less likely to spread head lice.

**What are signs of head lice?**

* One of the first signs may be itching or scratching
* Crawling head lice are hard to see because they can run quickly. Adut lice are usually dark brown and about 2-3mm long. Hatchlings are often a lighter brown and about 1-2m long
* Eggs (nits are easier to see. The are firmly attached to the hair clse to the scalp. They are grey-white, oval in shape and are about the size of a grain of salt.
* Nits may look like dandruff but cannot be flicked off.

**How do I look for head lice?**

1. Shampoo the hair
2. Rinse and towel dry
3. Put a generous amount of inexpensive conditioner to cover the whole scalp
4. Untangle the hair with a wide tooth comb
5. Section and comb the hair with a metal fine-tooth nit comb which easily separates the hair and has teeth that do not bunch together.
6. After each stroke, wipe the comb on a paper towel and look for lice. Pay particular attention to the hair behind the ears and at the nape of the neck and be sure to comb out the whole head.

**What do I do if I find head lice?**

* Check all family members for head lice and treat everyone with lice and/or eggs at the same time
* Treatment kits can be purchased at most pharmacies and grocery stores
* Inform the school and all close contacts
* When treatment is completed, with al the head lice and eggs removed, check the hair regularly.

**Household cleaning**

As a precaution, wash bed linen, hats, combs or brushes in hot water and dry in a hot dryer. Storing items in plastic bags for 10-14 days also kills the lice.

**Trouble-shooting Checklist**

If treament is unsuccessful, check the following:

* Was the insecticide/non-insecticide treament applied exactly as directed and repeated in 7-10 days?
* Was the hair combed and checked daily using plenty of conditioner, and all visible nits removed for 10 days (the hatch cycle of the eggs)?
* Was a good quality metal fine tooth nit comb used?
* Have all other household members been checked and treated if necessary?

**Prevention Activities/Ideas to Help Prevent Infestation**

* Check your child’s hair every week for head lice and eggs
* Tie long hair back – braid and/or up if possible
* Consider applying hair gel or mousse as they keep stray hair strands from contact with other heads
* Avoid sharing combs, brushes, hats, elastics and headbands
* Remind your child to try to avoid head-to-head contact with other children.