

Lice Information*

Lice, not the notification you want to receive from your child's classroom, or the rumor you want to be hearing about? Lice cause more than itching. Frustration, anger, embarrassment are common ways to feel. Please read on for the facts, treatment, and resources regarding Head Lice.

Please be sure to notify me if your child or family members have lice! Although it is not necessary to check entire classrooms, I do need to check students returning to school or students with a family member with lice.

Scroll to the bottom for my contact information.

*****It is the parents' responsibility to check your own children!*****

What are Lice? Head Lice is most common in kids ages 5 to 12. A head louse is a tiny, wingless parasitic insect that lives on human hair and feeds on small amounts of blood from the scalp. Lice (plural form of louse) do not spread disease, are not dangerous, but they are contagious (Lice live 48hrs away from the human scalp.). Lice do not jump, but they can move fast; 12 inches per minute. Lice eggs are called Nits. Nits can survive for about 10 days. The annoying little bugs are **not** a sign of poor hygiene, and are a problem of **all** socioeconomic levels.

What to do? **Wash hair** with an over the counter medicated shampoo to kill the lice. *Follow the instructions exactly because these products are insecticides. 7 days later, Wash hair again* with medicated shampoo. **Comb hair daily for 14 days with a lice and nit removal comb** (clean after each use). *Combing is the most important step!* To prevent a lice reinfestation: wash all bed linens, clothing recently worn in hot water (130 degrees F, then put in hot cycle of the dryer for at least 20 minutes, or can dry clean if needed). Items that can't be washed like stuffed animals, plush toys, bed linens, pillows, can be put in airtight bags for 2 weeks. It is also important to vacuum rugs and carpets; including your vehicle and the car seats. Soak combs, brushes, hair accessories in hot water (130 degrees F) or wash in medicated shampoo and soak for 10 minutes. *Be sure to reassure your child that they have not done anything wrong, they are not dirty, and although embarrassing and how aggravating lice are, there is a solution. Notify your school nurse!*

What not to do? **Don't** use a hair dryer after applying treatments; some contain flammable ingredients. **Don't** use a cream rinse or shampoo/conditioner combination before using medicated shampoo. **Don't** wash hair for 1-2 days after treatment. **Don't** hire pest control. **Don't** use the same medication more than three times, if not working; call your doctor. **Don't** use more than one medication at a time for head lice.

Resources to check out:

~ To view the booklet sent home to affected classrooms, called, “heads up! The Facts of Lice” visit www.nixlice.com. Please note there is a coupon included, and 7 day retreatment is necessary.

~ www.KidsHealth.org, key word search, “lice”

Please contact me with any questions or concerns!

**Make it a healthy day,
Nurse Debi**

**Deborah Rabick, BSN, RN
Homestead Building Nurse
Phone: (630) 636-3102
Fax: (630) 636-3168
drabick0903@oswego308.org**

*Resources for this lice information are from 3/6/2007 KidsHealth.com and the magazine “heads up! The Facts of Lice” from Nix that has been sent home to affected classrooms, and parents who have notified the school of a student with lice.

**Special thank you to the parents/families who have taken the necessary steps to resolve their lice infestation and reinfestation.