



LACEY TOWNSHIP SCHOOL DISTRICT
OFFICE OF SPECIAL SERVICES

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JOSEPH R. BOND
DIRECTOR OF SPECIAL SERVICES

September 2018

Dear Parents:

With the new school year approaching, our Health Services team wanted to provide you with some important information about head lice or pediculosis to help reduce the risk of spreading this contagious condition.

Head lice have become more and more of a problem over the last few years. Control of head lice depends on prompt diagnosis and effective treatment. Your help in inspecting your child at least monthly throughout the school year for the presence of head lice would be greatly appreciated.

We suggest the following procedure for inspecting your child for head lice:

1. Under bright light begin looking at the back of the head just above the neck area.
2. Part the hair section by section and look closely for head lice or nits (eggs). Eggs will usually be located near the scalp.
3. Depending on the length and thickness of the hair, it should take between 5 and 15 minutes to properly inspect a child's head.

If you suspect your child is infested with head lice please notify the school nurse. In addition, the entire family should be inspected for head lice. For information on how to treat your child's lice infestation consult your family physician, a local pharmacist, or feel free to contact your child's nurse for recommendations.

Information about the prevention and control of head lice from the Centers for Disease Control and Prevention (CDC) can be found on the second page of this letter. More information is available online through the National Pediculosis Association at www.headlice.org.

Thank you for taking a moment to review this information and helping to promote a healthy and safe beginning to the school year in Lacey Township.

Sincerely,


Joseph R. Bond,
Director of Special Services



Prevention & Control

Head lice are spread most commonly by direct head-to-head (hair-to-hair) contact. However, much less frequently they are spread by sharing clothing or belongings onto which lice have crawled or nits attached to shed hairs may have fallen. The risk of getting infested by a louse that has fallen onto a carpet or furniture is very small. Head lice survive less than 1–2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the scalp.

The following are steps that can be taken to help prevent and control the spread of head lice:

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, camp).
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Do not share combs, brushes, or towels. Disinfest combs and brushes used by an infested person by soaking them in hot water (at least 130°F) for 5–10 minutes.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.
- Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.
- Vacuum the floor and furniture, particularly where the infested person sat or lay. However, spending much time and money on housecleaning activities is not necessary to avoid reinfestation by lice or nits that may have fallen off the head or crawled onto furniture or clothing.
- Do not use fumigant sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.

To help control a head lice outbreak in a community, school, or camp, children can be taught to avoid activities that may spread head lice.

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