

Dear Parents,

Your child may have been exposed to head lice while at school. While this is inconvenient, it is not life threatening. However, your immediate attention is required to insure that the nuisance is not spread. Please follow the guidelines below. If you have any questions, do not hesitate to call the School Nurse at 620-872-7660.

❖ Ways To Prevent the Spread of Lice:

- Do not share combs, hair brushes, hair ties, towels, hats, bike or batting helmets, sleeping bags, or pillows.
- Avoid hanging hats and coats next to others' clothing.

❖ What To Look For:

- Excessive scratching of head, especially at the back of the head just above the neck and behind the ears.
- Nits on the hair. These are usually pearly-grey in color and are attached to the hair shaft near the scalp.
- Nits are distinguished from dandruff because they stick to the hair shaft, and dandruff is easily removed.

❖ What To Do If You Find Nits and/or Live Bugs:

- Notify the school office at 620-872-7660
- Treat your child and all household members with a lice shampoo recommended by your pharmacist. Follow all instructions carefully and exactly!
- Use a nit comb after treatment to remove lice from hair shafts. A 10% vinegar rinse helps to loosen the nits from the hair shafts.
- Wash all bed linens and washable clothing in hot water.
- Place all non-washable items such as stuffed toys in a sealed plastic bag for 21 days.
- Vacuum furniture, rugs and floors.

❖ When Children Can Return to School:

- Children with head lice are to be kept out of school until treated and nit free.
- Before your child's return to the classroom, the school office staff will assist in rechecking him/her before allowing return to the classroom.

Thank you,

Niki Depperschmidt, RN
USD 466 School Nurse