

WESTERN PLACER UNIFIED SCHOOL DISTRICT HEAD LICE BULLETIN

Head Lice continues to be a problem for our children. This infestation is one that can quickly go from child to child and is quite costly to treat. The very best treatment for head lice is PREVENTION, Therefore, we request that YOU check your children carefully at home each day for head lice and their eggs (nits).

WHAT TO LOOK FOR

1. Head scratching.
2. Inspect your child's hair for nits - these are tiny oval objects glued to the shaft of the hair. They are the size of 1/2 the diameter of the head of a pin. You must look closely and separate the hair carefully.
3. Check for lice - once hatched out of nits, they grow to about 1/8 of an inch in length. The lice avoid light, and therefore are sometimes difficult to see. They are likely to be found near the scalp where the hair is the thickest, behind the ears, and at the back of the neck. Lice bite the scalp, causing itching, and small scabs may form.

WHAT TO DO BEFORE CHILD RETURNS TO SCHOOL

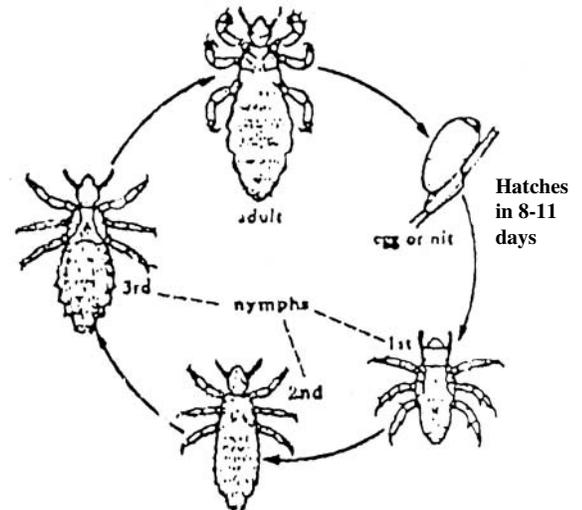
1. Apply head lice medicated shampoo/rinse. This is a special preparation that can be purchased at a drug store or by prescription from your doctor. Follow the package directions completely.
2. Remove ALL NIT'S from your child's hair before returning to school. This is required before he/she can return to school. Nits are difficult to remove, and nit combs DO NOT remove all nits.
3. Wash/dry all articles of clothing and bedding that have come in contact with your child.
4. Sterilize all combs/brushes (boil in water for 20 minutes). Each person in the household needs to have their own comb/brush. Sharing causes the lice to spread.
5. Vacuum all carpeting, rugs, mattresses, pillows, etc., that cannot be washed.
6. Place all stuffed animals, throw pillows, etc. into a large plastic bag; tie and store for 10 days.
7. **BRING VERIFICATIONS OF TREATMENT TO SCHOOL WHEN YOUR CHILD RETURNS.**

NIT FREE POLICY

It is the policy of the Western Placer Unified School district that children with head lice have ALL NITS removed from their hair BEFORE returning to class.

The California State Department of Health, office of Vector Biology, has reported that lice shampoo does not kill all NITS, and in some cases, only 70% of the nits are killed with the treatment. Although a time-consuming process, the removal of all nits has been necessitated due to the communicable nature of this pest.

LIFE CYCLE OF HEAD LOUSE



from first nymph to egg-laying adult-10 days