

## Information and Suggestions on Preventing/Controlling Spread of Lice

- Head lice are spread most often by **direct head-to-head (hair-to-hair) contact** and much less frequently by sharing clothing or belongings to which lice or nits may have crawled or fallen; therefore, long hair should be worn in a short ponytail/bun. Children should be encouraged not to hug friends or share hair items, such as brushes, hats, hair clips, etc.
- Teachers will encourage students to store jackets, hats, and scarves inside their backpacks. These items, including backpacks, should be washed in hot water (above 130 degrees F) if possible, or placed in a hot dryer for at least 20 minutes.
- Lice prefer clean hair, so using hair gel and/or hairspray may be helpful, although this cannot guarantee your child will not be infected.
- The risk of contracting lice by a louse that has fallen onto carpet or furniture is very small, however, classrooms are vacuumed nightly and teachers will not be permitting students to lay on the floor for reading or to play games.
- If a case of lice has been reported in your classroom, you should check your child's scalp and hair under bright light every day for at least 10 days. Part the hair and look carefully at the scalp, especially behind the ears and at the nape of the neck. Lice will move quickly away from light. Eggs (nits) are found on the hair shaft close to the scalp. They are white or yellowish-brown, and about the size of a poppy seed. They resemble dandruff, but will not brush easily away as will dandruff.
- A female louse can lay about 6-10 eggs a day or about 100 eggs over her lifetime of 3-4 weeks. The eggs hatch in 6-14 days and it then takes another one to two weeks for the lice to mature and be able to reproduce and lay more eggs. In untreated children, this cycle will repeat itself about every 3 weeks.
- As most OTC anti-lice shampoos do not kill 100% of nits, to assure total lice treatment it is necessary to **remove all of the nits** in your child's hair. You can use the plastic comb that came with your anti-lice shampoo, or for better results, consider buying a fine toothed metal comb (such as the LiceMeister 888-542-3634 to order). Nit Nabbers is a service that will come to your house and assure all family members are lice and nit free as well as your house. They also offer a 30 day guarantee. You can find more information on her website at [carolinalicereoval.com](http://carolinalicereoval.com) or reach her at 980-475-0931.
- It is important that you **check your child's hair every night** until all of the lice and nits have been removed.
- While there is much evidence that lice are becoming resistant to the effects of anti - lice shampoos, the most common reasons for treatments to not work is failure to remove all of the nits.
- Thank you for your cooperation and please feel free to contact me with any questions or concerns.

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