



Marion Schilling Elementary School

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November 29, 2021

Dear Parent/Guardian:

Re: Head Lice in School

Head lice have been identified in your child's classroom. Please check your child's hair and scalp carefully.

Step 1: Find a comfortable well lit spot

Step 2: Check the hair from the scalp to the end of the hair strand. First, look at the hair at the back of the neck, behind the ears and above the forehead. Then, check the rest of the head.

Step 3: You are looking for live lice and/or eggs. Nits (eggs) are attached to hair close to the scalp. Nits are white to light brown in colour and may be confused with dandruff. Nits are firmly attached to the hair and do not move unless you slide them down the hair strand.

Step 4: If you find louse or nit, check all household members. Treat only those who have head lice or nits, following Option A or B. (see attached)

Step 5: Let the school know if your child has head lice or nits.

Remember:

- Make weekly head checks part of your routine.
- Scratching and itching of the scalp may be a sign of head lice.
- If your child has long hair, keep it tied back.

Please contact your nearest Health Centre/Unit or go to:

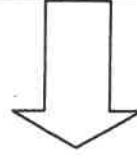
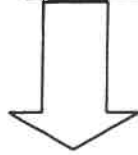
<http://www.interiorhealth.ca/YourHealth/SchoolHealth/HeadLice/Pages/default.aspx> for further information.

Yours truly,

Deb Piggini
Principal

HEAD LICE TREATMENT

TWO ACCEPTABLE TREATMENT OPTIONS**



OPTION A:

Head Lice Shampoo- Creams-Rinses

**Kill the Head Lice
&
Remove the Nits**
(within ¼ inch of scalp)

Special head lice products are used because they have been tested and determined to be a safe and effective treatment

OPTION B:

Wet-Combing

**Remove the Head Lice
&
Forget the Nits**

A non-chemical way to find and eliminate head lice.

Wet combing with hair conditioner immobilizes the lice.

Note: the research to support this method is unclear but many people say it works

****Do not combine treatment options as this can reduce effectiveness**

To Clean or Not to Clean?

- o On the day treatment is started, wash clothing worn in past 2-3 days, bed sheets and pillowcases and then dry in HOT cycle of the dryer.
- o Items that can't be washed can be placed in a plastic bag for 10 days or in the freezer x 48 hours.
- o Don't forget combs, brushes and hair elastics.
- o There is no evidence that a major cleaning of the house or car is necessary.



If parents have limited time, it is more effective to spend it combing hair than washing linens, clothes & vacuuming