

NEWS FROM THE NURSE
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LICE REMINDERS-It's the season!

If your child has or ever had head lice, you are not alone. There are about 10-12 million cases of head lice infestation every year, and it can happen to any child. Rest assured that infestation is **NOT** a reflection on you as a parent-it can strike the most well cared-for children and occur in the cleanest of homes. These are just a few helpful hints to help you detect, destroy and deter this pest from your children and family for good.

- Note any family member persistently scratching the head or back of the neck.
- Watch for tiny gray-brown crawling forms and/or white or gray specks in the hair. The eggs (nits) are similar to dandruff but are difficult to remove from the hair shaft.
- If nits or lice are found, a treatment with a special shampoo or cream rinse is necessary. Consult your local pharmacy for a recommended product. Most shampoos recommend a second treatment in seven to ten days. A prescription shampoo is available from your physician, also.
- After treatment, all nits should be removed with a special fine tooth comb that is provided with the product.
- It is suggested that clothing, bedding, and fabric items coming in contact with the infected person be washed, vacuumed, or sprayed with a special lice control spray. Items that cannot be washed can be isolated for two to three weeks in a sealed plastic bag.
- Instruct your child not to borrow any personal things such as combs, brushes, hats, clothing, or towels.

Remember, head lice can happen to anyone. Lice outbreaks are common among school children and any child can easily become infected. **Please do not panic!** After treatment the child can return to school. Please notify the school so your child's teacher and the school nurse can be alerted to other possible cases.

If you have any questions about head lice, please feel free to contact me at 788-7607.