

What about head lice?

Head lice are a common childhood issue and can be spread wherever children are together, including schools. Here are some basic facts regarding head lice:

- Head lice are most common in preschool- and elementary school-aged children. Each year millions of school-aged children in the United States get head lice. However, anyone can get head lice.
- Head lice are crawling insects. They cannot jump, hop, or fly. The main way head lice spread is from close, prolonged head-to-head contact. There is a very small chance that head lice will spread by sharing items such as combs, brushes, and hats.
- Head lice can be a nuisance and annoying but they have not been shown to spread disease. They do not make kids sick.
- Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

What can families do to help control head lice?

- Please monitor your children for head lice. Search “Head Lice” on the following websites for great details on the specifics of lice and what to look for: <https://www.healthychildren.org> or <https://www.cdc.gov>. Our school’s policies and practices regarding head lice are based on recommendations from these organizations.
- If you are concerned your child has head lice or would like me to screen your child, please contact me at school, and I will confidentially check your child.
- If your child does have head lice, please treat them with an appropriate lice treatment before returning to school. Check with your child's doctor before beginning any head lice treatment. The most effective way to treat head lice is with head lice medicine. After each treatment, using the comb-out method every 2 to 3 days for 2 to 3 weeks may help remove the lice eggs.
- Never use dangerous products like gasoline or kerosene or medicines made for use on animals. Also, do not use home remedies, such as petroleum jelly, mayonnaise, tub margarine, herbal oils, or olive oil, because no studies prove they work.
- Please wash your child's clothes, towels, hats, and bed linens in hot water and dry on high heat if they were used within 2 days before head lice were found and treated.
- Let close contacts know that your child has head lice, but please do not point fingers or spread rumors regarding who has or where head lice came from or started. This will only hurt kids and cause continued stigma regarding head lice.

Great resources for any kids’ health concerns!

www.healthychildren.org

Kidshealth.org

I am so very excited for this coming school year!!!! Please feel free to drop me an email at schwacar@monticello.k12.wi.us or give me a call at 608-938-2736 with any questions or if I can offer you assistance in any way. Have a fabulous rest of the summer, and see everyone soon!

Nurse Carolyn