

Sequim School District No. 323

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Head Lice Information Notice

You are receiving this notice as a precautionary measure because a student in your child's classroom was found to have head lice. Head lice are not considered a health hazard as they do not spread disease and/or illness. Head lice among school children are a common frustration but the spread of head lice can be controlled and prevented.

In our pursuit to have a lice-free environment, please read the following information concerning how you can support our efforts:

What are head lice?

- Tiny, wingless insects that are the size of a sesame seed (1/8 of an inch in size).

What are nits?

- The eggs of head lice.
- Nits are shaped like a tear drop and are located close to the scalp, especially at the nape of the neck, crown of the head and behind the ears.

How are head lice spread?

- Directly through head-to-head contact, or indirectly (less frequently) through sharing clothing, combs, hats, scarves, bed linens, towels and earphones, etc.

What to do if you find nits or head lice in your child's hair:

If live head lice are found:

- Treat your child and all household members found to have live head lice with a **lice medicine**. These are available at pharmacies & most grocery stores, or by MD prescription.
- **WARNING:** follow the directions in the box or on the label. Also, some treatments require a second treatment and some caution to avoid shampoo/conditioner before and after treatment for 1-2 days.



Comb! Comb! Comb! And comb some more, or else you start all over again!

- Use a nit comb after treatment to remove lice and eggs from hair shafts. **A metal comb is highly recommended!** A metal nit comb grasps the hair shaft better than the plastic one in the package and is more effective, **all eggs (nits) must be manually removed!**
- Check your child's head daily for lice and nits for the next two weeks, and tie back long hair.

Clean the environment:

- Wash all brushes, combs and hair accessories used within the last 3 days in hot water (130°F or 66°C).
- All items that were in contact with the affected person(s) within the 3 days prior to treatment (i.e. clothing, jackets, hats, linens, pillows, toys) can be washed in hot water and dried in a hot dryer for 40 minutes.
- Dry clean items that cannot be washed, or freeze them for 12 hrs.
- Vacuum all rooms and upholstered items (i.e. carpets, sofas, chairs, mattresses and box springs, car upholstery, car seats) used by anyone with head lice. Change the vacuum bag and dispose of it in a plastic garbage bag.
- **Pesticide sprays are not recommended.**

Fast Facts About Head Lice

Lice do not spread any known disease.

Lice live only 1 to 2 days off the head.

Nits are cemented to the hair and are very hard to remove. They cannot fall off.

Lice can only crawl. They can neither fly nor jump.

Hygiene makes no difference. Lice prefer clean hair more than dirty. You get lice by close personal contact with someone who has lice, not by being dirty.

Lice are spread by head-to-head contact. They are much harder to get than a cold, flu, ear infection, pink eye, or strep throat.

Please notify the school, daycare, close friends, etc., that your child has head lice.

If head lice are not found, continue to check your child's hair once a week for the next two weeks.

Thanks for your cooperation. The treatment for lice is time-consuming and inconvenient, but diligence on the part of everyone will help eliminate this problem.