

TO: PARENTS/GUARDIANS
FROM: NOREEN MAYNES, RN – SCHOOL NURSE
RE: HEAD LICE

A few cases of head lice have been reported at the North Country Road Middle School. Millions of school children contact head lice each year. The exchange of hats, clothing, brushes, combs and other personal articles can result in the transmission of lice from one child to another. Lice can be easily and effectively treated by using a head lice shampoo.

- Please check your child as well as all family members for head lice. Lice are small grayish-tan wingless insects. They lay eggs called nits.
- Nits are firmly attached to the hair shafts, close to the scalp and are easier to see than live lice. They are small white specks that are usually found at the nape of the neck and behind the ears.
- Apply the lice shampoo to all infected family members, following the instructions carefully.
- After shampooing, remove nits with a fine tooth comb. They many need to be removed by using your fingernail or tweezers.
- Use hot water and detergent to wash sheets, pillowcases and clothing.
- Wash or dry clean blankets, bedspreads comforters, hats and sleeping bags; or seal in a plastic bag for at least 2 weeks.
- Soak combs, brushes, headbands and barrettes in the treatment shampoo or hot water for at least 10 minutes.
- Thoroughly vacuum carpets, upholstery, pillow and matteresses and discard the vacuum cleaner bag.
- Bike helmets, headphones and stuffed animals should be sealed in a plastic garbage bag for at least 2 weeks.
- Remember to retreat according to shampoo directions.

If you have any questions or concerns please all the nurses office at 474-7258.