

Dear Parents and Guardians:

We have recently detected a case of head lice in your child's class. We recommend that you perform routine head checks on your child and other family members weekly since lice infestation is a transmittable condition. The following information from our school nurse may be helpful to you:

1. Head lice are light gray or brown, crawling insects measuring less than 1/8" long and almost as wide. They live by biting the scalp and sucking blood.
2. Head lice know no distinction of families and can be contracted by the cleanest individuals. These tiny insects are transmitted from one person to another by direct head to head contact, sharing, brushes, caps or helmets. If one member of the family brings them home, other members can get them. The most common places to check are the scalp, at the nape of the neck and behind the ears.
3. The eggs appear as tiny white particles, similar to dandruff. The difference, however, is that louse eggs are cemented to each hair follicle and are very difficult to scrape off. Shorthaired people and longhaired people are equally vulnerable.
4. If you notice either the egg or the louse itself, you should notify the school nurse and consider contacting your doctor for advice regarding treatment.
5. **After applying a pediculocide shampoo, remove the eggs by combing the hair with a special metal fine toothcomb.** Eggs may be softened and more easily removed if a solution of 1-cup vinegar to 1 quart of hot water is applied to the hair before combing. It may become necessary to pick off remaining nits by hand.
6. Wash all linens and clothing in hot water that may carry the eggs or parasite. The home and siblings have a higher risk of re-infestation than the classroom.
7. Vacuum all upholstery including chairs, beds, (mattresses), rugs, draperies and automobile seats. Dispose of the vacuum bag or contents of the vacuum after use.
8. Any student with active head lice (live lice and or nits within ½ inch of the scalp) will be excluded from school. The student will need to be treated with a pediculocide shampoo and combed for nit removal. A parent/guardian is required to accompany the student to the health office for a recheck after treatment, before the student is readmitted to class.
9. If directed by product guidelines a second treatment may be needed in 7-10 days.
10. More information about lice and treatment can be found at:  
<http://www.cdc.gov/parasites/lice/public/index.html>

Please save this information so you may refer to it when the need arises.

Central Bucks School District  
Certified School Nurses

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