



A Note from the School Nurse about Head Lice

As a reminder, check your student each week for the presence of head lice.

To reduce the exposure to head lice:

- Do weekly head checks for lice and nits. Checking on Friday may be helpful so you have the weekend to treat if necessary. Lice and nits are very small. Using a bright light and/or magnifying glass is helpful. Outdoor light is best. Check before and after a sleep-over.
- Don't share personal items that have been close to the head or neck.
- Keep long hair in a braid or ponytail.

To check for Head Lice:

1. Check the entire head, parting the hair into small sections and checking front to back, and side to side.
2. Check one section at a time.
3. Lice like to lay their eggs on hair shafts in the thickest part of hair growth behind the ears, above the neck, and on top of the head. The eggs (also called nits) are tiny, oval shaped, whitish, grayish, and hard to remove from the hair.

We will monitor students who have been identified with head lice and/or nits.

Notify us if you find live lice or nits in your child's hair.

We can provide information about treating lice and cleaning measures to be used at home.

To treat head lice:

Nits must be removed by hand, or with a comb, such as the LiceMeister.

A variety of head lice treatments are available. You may wish to speak with your health care provider, school nurse, or pharmacist for more information.

Remember, **NO TREATMENT CAN GUARANTEE THAT IT WILL KILL HEAD LICE AND NITS**, they must be physically combed out of the hair or removed by hand.

Vigilant checking and combing by parent or guardians is the best protection.

For more information, contact the Snohomish County Health District, at 425-339-5230, or visit their website at <http://www.snohd.org>.

If you have further questions, please feel free to contact Cheryl Robinson, School Nurse, by phone, at 425.431.1064, or email, RobinsoncH@edmonds.wednet.edu.