

Dear Parents/Guardians,

We are sending this letter to all parents to help educate you about head lice so that you can take steps at home to help prevent your child from contracting head lice.

First, it is important to remember that head lice do not spread disease and are not a serious medical condition. They cannot survive on pets.

Please also remember that the possibility of head lice cases commonly increases any time children come together. That includes during the school year, sleepovers, etc. Please teach and encourage your child to not share or trade personal items such as hats, combs, brushes, headbands, or barrettes.

Lice do not jump, fly, or swim. They are, however, good crawlers. Therefore lice are most commonly transmitted by direct head-to-head contact. Check your child's head weekly for lice and/or nits (eggs). Mature lice are no larger than a sesame seed, avoid light and are hard to see. Lice eggs, called nits, are usually found very close to the scalp, typically within  $\frac{1}{4}$  of an inch. They look like tiny whitish ovals that are glued to the hair shaft. Unlike dandruff and styling product residue, they cannot easily be flicked away.

If you find head lice on your children, please contact the Building Nurse and treat your children before returning to school. All children who've been treated for head lice must be cleared by the nurse before returning to school. Continue to examine all family members for 3 weeks, treating any lice found and combing out nits every day. The nurse will check your child again in 7-10 days and in one month, if necessary.

Please click the "Departments" link on the top of the home page ([www.psd202.org](http://www.psd202.org)) and choose Health Services for more information from the Will County Health Department and the CDC about lice and treatments for lice. Your building nurse, is also available to answer your questions or concerns.

Sincerely,

***(Insert Principal's name)***