

## Heads Up

With school back in session, children are excited to be with friends again. They love to share hugs, laughs, and high fives! Unfortunately, sometimes they even end up sharing head lice. We seek your cooperation in checking your child(ren) weekly.

Please take a look at the following information regarding head lice:

### What are they?

1. Head lice are yellowish-white insects that live on the human scalp.
2. Lice don't have wings, and they cannot fly, hop, or jump.
3. Head lice are about  $\frac{1}{8}$  inch long. Lice are as big as a sesame seed.
4. Head lice are difficult to see because they are so small and move very quickly.
5. Itching of the scalp may be the first sign of head lice.
6. Most often, what you will see are the oval eggs (nits) which have been laid by the lice.
7. The eggs are laid close to the scalp (eggs further than  $\frac{1}{2}$  inch from the scalp are probably already hatched or dead).
8. The nits are off-white in color and are attached to the hair by a cement-like substance.
9. Lice do not cause disease; they are more of an embarrassment and a nuisance.

### How do you get it?

1. Lice are passed from direct personal contact (head-to-head contact or combs, hats, coats).
2. Lice are not passed in swimming pools, and you cannot get them from pets.

### Who gets them?

1. Lice can live on any person's head - regardless of age, income, social status, or cleanliness.
2. If one child has lice, check the hair of everyone else in your house.

### What do I do?

Follow these steps to get rid of head lice:

1. Apply a lice-killing hair product (shampoo or creme rinse).
2. Remove the nits.
3. Clean the home.
4. Please update the school.

### Remember

1. Lice do not cause disease, but it will take time and work to get rid of them.
2. For additional information, contact school nurse Ms. Rohrer 920-323-6233 or local health department.