

Dear Parents:

It is that time of year and lice have been found in a couple grades. Head lice are tiny parasites that infest the hair, lay eggs (nits), and feed on human blood. Head lice are very common. Symptoms of infestation include irritation and itching of the scalp, although many of those infested will not have any itching at all.

Lice are usually light gray in color and are no bigger than a very small sesame seed. Nits appear as tiny whitish-tan ovals that are cemented to the hair shafts, usually near the scalp. Lice cannot be easily removed by blowing, rubbing or brushing. They are often seen in the hair between the ears and in the crown.

We have found that the lice have become resistant to some over-the-counter medicine. Therefore, please continue to check your child daily and call your pediatrician for direction or prescription treatment, ask for a coupon to decrease the cost. There are a few lice removal services in Baton Rouge, however it can be difficult to get an appointment and very expensive.

You can successfully eradicate lice yourself!!! FOLLOW ALL INSTRUCTIONS on medication label.

The CDC web site is a good source for information.

Please check your child and treat if necessary. If any lice are found, **please notify your child's teacher or the nurse.**

In addition, lice eggs (nits) **MUST** be removed from the child's hair. This process includes parting the hair in small sections to inspect for nits and removing them by hand. Performing this task on a daily basis **for a least a couple of weeks is essential.** **Please keep hair products such as gel and/or hair spray in your child's hair at all times. Lice attach nits to the hair follicles and prefer clean smooth hair.**

It has been recommended that the girls wear their hair in a ponytail or braid. (During cold weather, it is suggested and **highly recommended** that **sweatshirts, jackets and sweaters should be washed** daily.) This will avoid the transfer of head lice to other students' garments. Stuffed animals, blankets, towels, etc. may not be brought to school. Hair brushes, combs, and hats **must not be shared.** **Please be vigilant!! Continuing to periodically check is the best treatment.**

One comb that I hear is helpful is Nit Free Terminator. This can be found on several different websites and sometimes even Target and Ulta at the mall. It ranges from \$10.00 to \$20.00.

Any child sent home with live lice **will not** be allowed to return **until treatment is complete.** The child may return to school with a written note from the parent indicating that this treatment process has been done. The school nurse will recheck the child's hair and may send the child home if necessary.

Thank you for your cooperation in this matter.

Michaelyn Bellelo, RN and Amy Johnson, RN