HEAD LICE INFORMATION AND BROCHURE

Please share the following head lice information with your parents and staff **now and frequently during the first and second semester** to provide awareness to all families about the control of head lice.

Attached please find a brochure regarding head lice for you to place in your newsletters, and to send home to your parents now and at any other time during the year you deem necessary. Additionally, I have attached the letter that must be sent to all parents of children who are found to have live head lice. Our procedures require if the child is identified as having live head lice, the child must be treated at home and must be accompanied to the school clinic the next day with the parent to check for live head lice. If no nits are found, further rechecking will not be done. If nits are found, the student will be readmitted and checked in 8-10 days. If live lice are found, the student will **not** be readmitted, and the entire procedure will need to be repeated.

Please share this information with all your parents through the various means you have available, including newsletters, FOCUS, and your school webpage. In addition, any time there is an increase in the number of children identified as having head lice please send home the attached brochure as a reminder to parents to check their child's head. You may also include the attached letter in a newsletter or on your letterhead to parents in specific grade levels or whole school notification. **Please do not send this letter out to specific classrooms of children; only use it for grade-level or whole school notification.** Family Education Rights and Privacy Act (FERPA) is very clear on this issue. It states: **"Information that, alone or in combination, is linked or linkable to a specific student that would allow a reasonable person in the school community, who does not have personal knowledge of the relevant circumstances, to identify the student with reasonable certainty."**

The best prevention for head lice is for parents and teachers to educate children about not sharing combs, brushes, hair barrettes, and clothing such as hats, and for children to avoid head-to-head contact. In addition, parents can assist in preventing the spread of head lice by checking their child's hair as part of a normal hygiene routine.

Head Lice

Dear Parent/Guardian,

Head Lice (pediculus humanus capitis) are insects found on heads of people. Headlice live only on humans. They live on the hairs of the head especially behind the ears and back of the head. They cannot fly or jump but only crawl. Head lice are not a health hazard. They do not spread disease. Head lice move from one person's head to another in the following ways: head-to-head contact, sharing hairbrushes, combs, hats, towels, clothing or bedding with someone who has lice.

To avoid head lice from spreading, teach children not to touch or play with each other's hair. They should also not share combs, brushes, pillows, hats, towels, coats, or other clothing. Following these simple rules will greatly reduce the spread of head lice.

Head lice are treatable. Various shampoos (pediculicides) are available over the counter without a doctor's order. Directions need to be followed according to individual products. Combs and hairbrushes should be soaked in hot water for 5 minutes or washed with lice shampoo. Disinfecting furniture and insecticide sprays are not necessary or recommended.

For more information visit: www.cdc.gov.

Cut along line and return the bottom portion to school clinic

This statement is to verify that I treated my child for head lice. I understand I must accompany my child to the clinic for readmission to school and he/she will be checked by clinic staff or school administration for proof there are no live lice.

_____ _____

Child's Name **Parent/Guardian Signature and Date**

HD 312E(rev7-19)

Florida Department of Health
in Brevard County •School Health Program
2565Judge Fran Jamieson Way, Viera, FL 32940
PHONE: 321-454-7134•FAX: 321-454-7135
FloridaHealth.gov

PHAB Accredited Health Department
Public Health Accreditation Board

SCHOOL LETTERHEAD

Date:

Dear Parents,

We have been notified of a case of head lice in your in your child's grade level. To prevent the spread of head lice, please see the attached brochure. In addition, please carefully check your child's head, especially behind the ears and at the nape for the neck, for crawling lice and nits if your child exhibits symptoms of a head lice infestation (https://www.cdc.gov/lice/about/head-lice.html) prior to sending him or her to school. Should lice be found, your child must be treated prior to sending or returning to school.

You can assist with controlling the spread of head lice by reminding your child about not sharing combs, brushes, hair barrettes, and clothing such as hats, and for children to avoid head-to-head contact. In addition, parents can assist in preventing the spread of head lice by checking their child's hair as part of a normal hygiene routine.

If you have any questions, please do not hesitate to contact the school at **(school phone number)**.

Principal Name and Signature

HOW TO AVOID A 'HAIR RAISING' EXPERIENCE



- Watch for signs of head lice. **Check your children every few days.** Lice are easier to eliminate if caught early.
- Teach your children not to share hats, headgear, scarves, headphones and grooming items (combs, hairbrushes, etc.) and to avoid direct head-to-head contact.
- To kill lice on bedding, clothes, etc., wash and dry them as you would ordinarily. **NEVER add any pesticide.** Vacuum materials that cannot be washed.
- If you are concerned about head lice on carpets or furniture, vacuum them thoroughly or wipe smooth surfaces with a damp cloth.
- Wash stuffed animals or vacuum them thoroughly. **NEVER spray them with a pesticide.**
- To kill lice on brushes, combs or hair accessories, wash them with hot, soapy water. **NEVER spray them with a pesticide.**

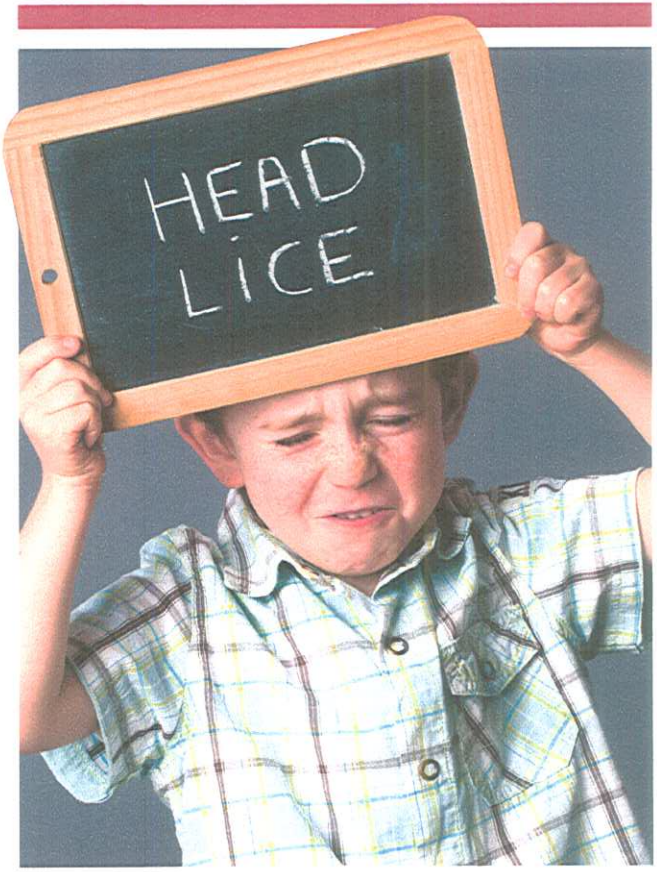
10 Tips for manual removal

1. Work in a well lighted area or use a flashlight and hand lens.
2. Use a grooming comb or hairbrush to re move tangles. A hair detangler spray or other hair conditioner may aid in this process.
3. Divide the hair into sections and fasten off the hair that is not being worked on.
4. Use a lice comb to detect and remove lice and nits. See figure 1 and figure 2 in this brochure.
5. Go through hair sections from the scalp to the end of the hair. Nits are usually found close to the scalp.
6. Dip the comb in a cup of hot, soapy water or use tape to remove lice, nits or debris from the comb.
7. Sift through the same section of hair and look for attached nits and live lice.
8. Move on to the next section until the entire scalp and all hair has been checked.
9. Screen the infested person every day for 10 days and regularly thereafter.
10. If additional nits (at least 3-5 per day) are discovered, another manual search is recommended.

"Manual removal is the safe alternative and necessary component of any head lice treatment regimen." *–National Pediculosis Association*

You can completely control a head lice infestation with manual removal alone. You **cannot** completely control head lice with head lice shampoos alone. **You must combine shampoo treatment with manual removal.**

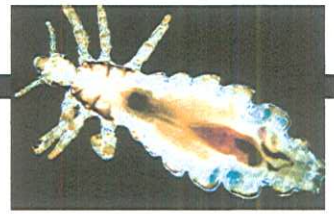
A PARENT'S GUIDE TO THE 'NITTY-GRITTY' ABOUT HEAD LICE



UGA extension

Paul Guillebeau and Gretchen Van De Mark
Department of Entomology

Head Lice 101: THE BASICS



Head louse
Pediculus capitis

Do not panic! Head lice are not an emergency and, in most cases, do not pose any health risk.
However, misuse of pesticides and use of unlabeled treatments (ex., kerosene) can pose a health risk.

Head lice **cannot** live off a human host for more than 24-48 hours.
Head lice **cannot** live on pets.
Head lice **cannot** reproduce in carpets, furniture or other household furishings.

Pesticide sprays do little or nothing to control lice. Never treat your home, car, furniture, beds, pillows, or clothing with pesticides (e.g. 'lice bombs,' flea bobs, sprays, etc.) in an attempt to control head lice. You will expose yourself and your family to unnecessary pesticide risk.

Signs of head lice:

- frequent head scratching
- complaints of itchy scalp/head
- redness behind ears or on the back of the neck

Head lice are small, wingless parasitic insects. They are typically 1/6 - 1/8 inch long, brownish in color with darker margins. The claws on the end of each of their six legs are well adapted to grasping a hair strand.

A child cannot 'catch nits.'
Nits (lice eggs) can only be laid by live lice.

Female head lice glue their grayish-white to brown eggs (nits) securely to hair shafts. The eggs are resistant to pesticides, and they are difficult to remove without a special 'nit-comb.' The nits are generally near the scalp, but they may be found anywhere on the hair shaft.



Nits (lice eggs)
photo courtesy of the University of Florida.

Head lice can affect people of any socioeconomic background and ethnicity. They do not imply a lack of hygiene or cleaniness of the infested person.

If your school sprays rooms, buses, furniture, etc., to control head lice, ask them to stop immediately. Refer your school to the Cooperative Extension brochure entitled *A School's Guide to the 'Nitty-Gritty' About Head Lice.*

Head lice are very common among all classes of people.
More than 12 million people, mostly children and school personnel, get head lice per year.

Direct head-to-head contact with an infested person is the main way head lice are transmitted, but they may also be tranmitted by sharing hats, scarves, headphones, combs and other hair accessories.
Lice cannot hop, jump, or fly, but they can crawl rapidly.

The best treatment for head lice is manual removal (see '10 tips for manual removal' in this brochure).

If a lice shampoo is warranted, ask your doctor or pharmacist for specifics on the product and **follow all label instructions exactly. Misapplications can be ineffective and dangerous as well.**

extension.uga.edu

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Head Lice Facts

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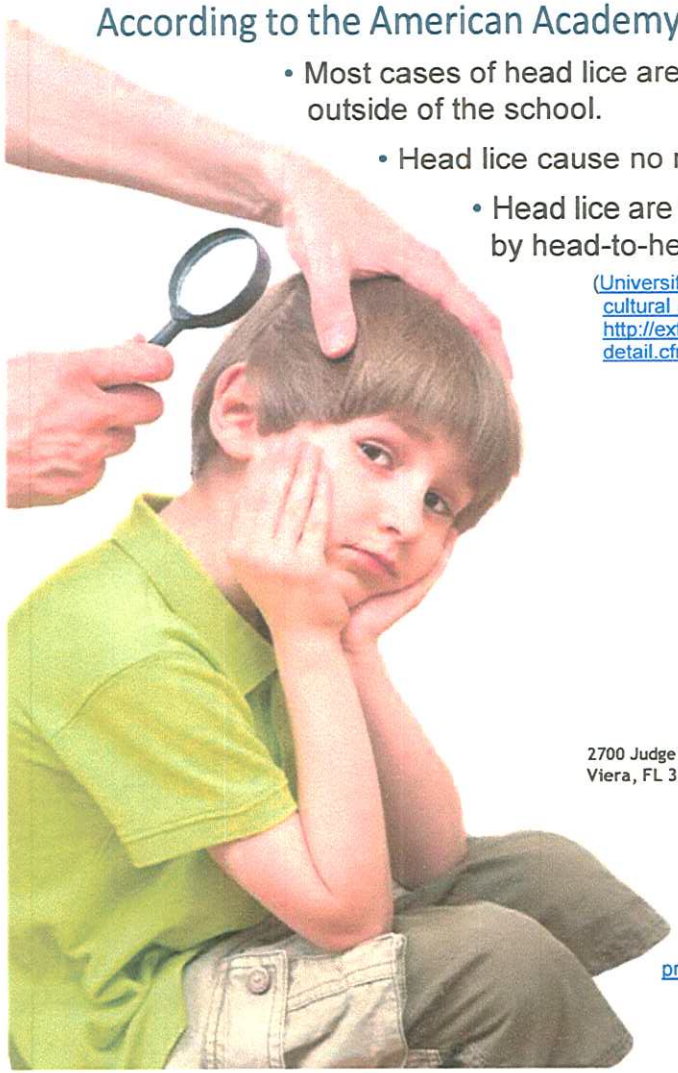
- You can completely control a head lice infestation with manual removal alone. You cannot completely control head lice with head lice shampoos alone. You must combine shampoo treatment with manual removal.

(University of Georgia College of Agricultural and Environmental Sciences http://extension.uga.edu/publications/detail.cfm?number=C851)

According to the American Academy of Pediatrics:

- Most cases of head lice are acquired outside of the school.
- Head lice cause no medical harm.
- Head lice are transmitted by head-to-head contact.

(University of Georgia College of Agricultural and Environmental Sciences http://extension.uga.edu/publications/detail.cfm?number=C851)



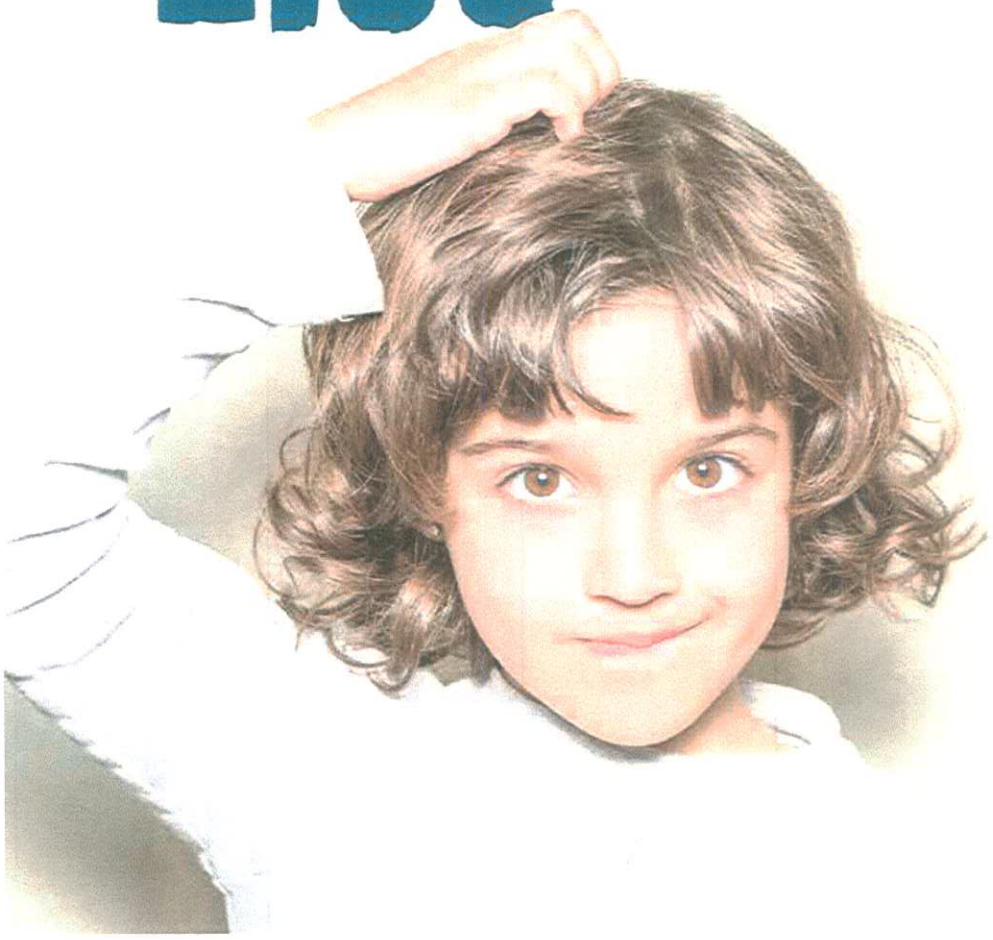
2700 Judge Fran Jamieson Way
Viera, FL 32940-6601

Brevard Public Schools

Taken with permission from http://www.cdc.gov/parasites/lice/head/prevent.html

Head Lice

Facts and prevention

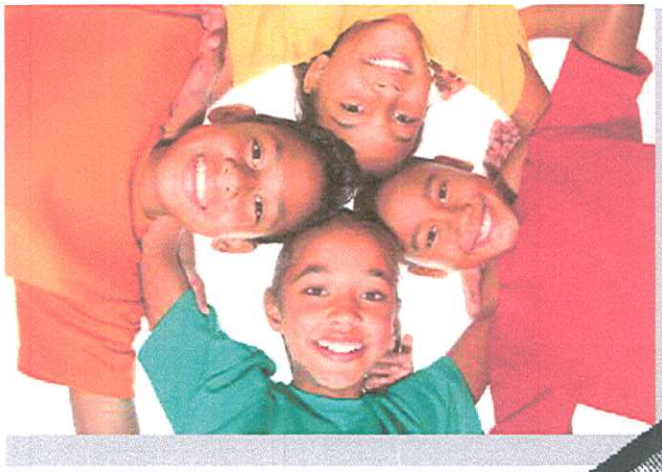


Head Lice Prevention and Control

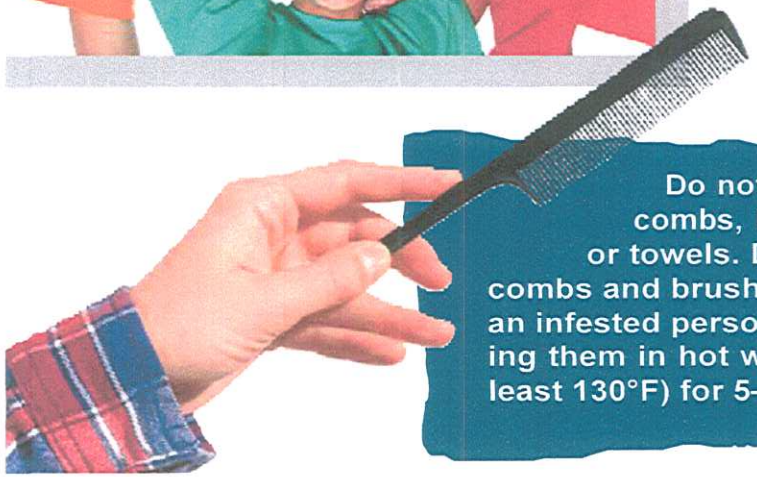


Head lice are spread most commonly by direct head-to-head (hair-to-hair) contact. However, much less frequently they are spread by sharing clothing or belongings onto which lice have crawled or nits attached to shed hairs may have fallen. The risk of getting infested by a louse that has fallen onto a carpet or furniture is very small. Head lice survive less than 1–2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the scalp.

The following are steps that can be taken to help prevent and control the spread of head lice:



Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, camp).



Do not share combs, brushes, or towels. Disinfest combs and brushes used by an infested person by soaking them in hot water (at least 130°F) for 5–10 minutes.



Do not lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.

Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.





Vacuum the floor and furniture, particularly where the infested person sat or lay. However, spending much time and money on housecleaning activities is not necessary to avoid reinfestation by lice or nits that may have fallen off the head or crawled onto furniture or clothing.

Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.



Do not use fumigant sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.