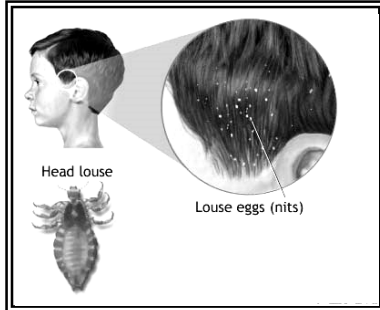


HEAD-LICE AND/OR NITS ALERT LETTER

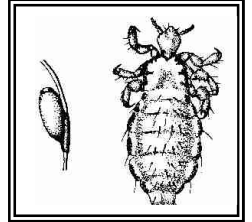
Dear Parents:

We share a concern for your child's well-being. For this reason, we want to inform you that a case of head lice has been detected in one of his/her classmates.

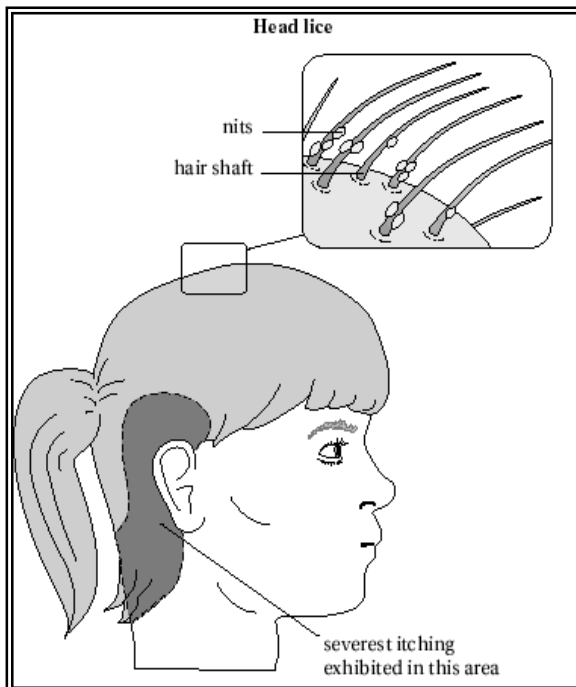
General Information



Head lice do not carry any disease nor does their presence mean that your child is dirty. Anyone can get lice! Lice are tiny greyish insects that crawl. They cannot jump or fly. They lay oval greyish nits near the root of the hair shaft, which then take 7 days to hatch. These eggs are commonly called nits and are about the size of a piece of dandruff. However, unlike dandruff, these nits are very difficult to remove from the shaft of hair, even after the nits have been killed. Nits are most commonly found above and behind the ears and at the back of the neck.



To Check For Nits



1. Look for the greyish-white nits on the hair strands very close to the scalp. (Sometimes, it helps to use a magnifying glass). Remember the nits are firmly attached and do not flick off like dandruff. Good lighting is very important.
2. Pay particular attention to the area around the ears and the back of the neck.
3. Watch for the frequent scratching of the scalp, which may indicate the child has head lice.
4. If you find no signs of lice, check your child again after seven days. To control the spread of lice, check your child's head on a regular basis and especially after a holiday, camp, or sleepover. Head lice are a nuisance but the problem can be beaten. We appreciate your cooperation in helping us to control the spread of head lice.

For more information, please contact the Interior Health Unit at 851-7300.

PARENT CHECKLIST FOR LICE

- Check **ALL** family members.
- Treat child(ren) with special lice shampoo/rinse.
- Remove **ALL** nits from hair with nitcomb or fingernails (a vinegar and water rinse will help loosen the nits from the hair shaft).
- Repeat this shampoo / rinse in 7-10 days.
- Wash hats, scarves, coats, towels and bed linen in very hot soapy water for at least 10 minutes and/or dry at hot cycle for 20 minutes. Any items that can not be washed or dried may be dry cleaned or placed in a plastic bag and put in the deep freeze for 24 hours.
- Soak all combs/brushes in bleach solution or put in freezer compartment for 24 hours.
- Remind your child not to share combs, brushes, hats, scarves, etc, or to play with other children's hair.

