



Dear Parent/Guardians:

Lice has been detected in your child's Head Start classroom/center. Head Start teachers are very careful and make every attempt to ensure that your child does not get exposed to lice.

Lice is a common problem for children. Your child can get lice any time that children are in groups. Lice information in the parent handbook talks about lice and what you can do.

**But I'm not dirty...** Head lice affect all socioeconomic groups and are not caused by poor hygiene. Anyone can get head lice, which live on all hair colors, all hair types and all ages.

**What can I do?** In an effort to reduce exposure to lice, please check your child's head every other night for ten days. Although itching is the most common symptom of head lice, it does not mean that your child has lice. If your child had head-to-head contact with someone who has lice, they should be checked immediately. Teach your child not to share combs, brushes, hats or anything that comes in contact with the head.

**What do lice look like?** The head louse is small and grayish-white and avoids the light. The easiest way to find head lice is to look for the nits (eggs). Nits are normally found near the base of the neck and around the ears. Lice can spread as long as they are alive on a person or on clothing/bedding.

**What if I find lice on my child?**

- Contact your Head Start teachers immediately- they will give you a packet of what to do
- Talk to your pharmacist about the most effective lice shampoo/comb
- Your child must complete the first treatment and be nit-free before returning to class
- Carefully check your child's head each night for 10 days
- Complete the second treatment 7-10 days after the first treatment
- Occasionally check your child's head for re-infestation of lice

**Children must be nit-free before returning to school.**

**Where else can lice live?** Clothing, sheets, pillows and any other item that has come in close contact with your child should be cleaned.

- Washable items- wash in hot water and dry on the hottest drying cycle.
- Non-washable items- dry clean or place in a black plastic garbage bag and seal for 7-10 days.
- Combs, brushes, etc.- soak them in very hot water for 10 minutes.

Lice is very contagious, please check your child frequently during this time. With your help we can lower the number of children exposed to lice.

Sincerely,

Cindy Seipert  
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SUU Head Start  
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