



Dear Parents:

A case of head lice has been detected in your child's classroom. Head lice do not carry disease and do not have anything to do with cleanliness. The only harmful effect from head lice is the way children and adults react. Negative reactions to head lice can harm children's self-esteem and result in their isolation from others.

How to check your child's head on a regular basis:

STEP 1: Find a comfortable, well-lit spot

STEP 2: Check the hair from the scalp to the end of the hair strand. First, look at the hair at the back of the neck, behind the ears and above the forehead. Then, check the rest of the head.

STEP 3: You are looking for live lice and/or nits (eggs). Live or viable nits are attached to the hair very close to the scalp, within 6mm or ¼ inch. Nits that are more than 6 mm or ¼ inch away from the scalp are 'empty' egg shells. Nits are white to light brown in colour and may be confused with dandruff. Nits are firmly attached to the hair and do not move unless you pull them off the hair strand.

STEP 4: If you find a louse or viable nit, check all household members. Treat only those who have lice or viable nits, with a treatment from the pharmacists. Your child may return to school the next day after the first treatment. Repeat treatment in 7-10 days.

STEP 5: Let the school know if your child has head lice or nits.

Remember:

- Make weekly head checks part of your home routine.
- Scratching and itching of the scalp may be a sign of head lice (but not always).
- If your child has long hair, keep it tied back.
- Remind your child/children not to share hats, scarves or to play with other children's hair.

For further information about head lice please check out these helpful websites:

- <https://www.fraserhealth.ca/health-topics-a-to-z/school-health/illness-and-immunizations/head-lice#.YC7Sk2hKg2w>
- <https://www.healthlinkbc.ca/healthlinkbc-files/head-lice>
- <https://www.youtube.com/c/TheLiceLady>

Yours truly,

Ms. Shannon Kenney

Principal,
Dr. Thomas A. Swift Elementary

••• Remind your child not to share hats, scarves, etc., or to play with other children's hair