

# Head Lice

---

School Name  
School Nurse Name  
Phone Number  
Date

Dear Parent or Guardian,

We are seeing an uptick in cases of head lice at school. While head lice are not a health hazard and there is no reason to panic, this letter is to remind you that to prevent the spread of lice, it is important that parents/guardians check their children's heads for lice on a frequent basis and treat any infestations appropriately. Head lice is not in any way related to hygiene or cleanliness and anyone can get head lice. Every year, millions of school children get lice.

**What are head lice?** Head lice are tiny insects that feed on human blood from the scalp. They do not carry disease or cause illness. One of these tiny bugs is called a louse while their eggs and shell casings are called nits.

**What are the symptoms?** Itchiness and irritation are the most common symptoms of a head lice infestation, however, these symptoms tend to occur weeks into the infestation and often there are no symptoms at all. This is the reason the American Academy of Pediatrics recommends parents and guardians frequently check their school-aged children's heads for lice on a regular, routine basis.

**How is it treated?** If you check your child and suspect that lice or nits may be present, check with your pediatrician on treatment options. We have found that the best treatment method is using a WelComb, found on Amazon or at your local Dollar General. The WelComb has rigid teeth, just the right distance apart, and a beveled edge that can get right down to the scalp, allowing it to remove both lice and nits. Chemical shampoos don't get rid of nits and come with certain risks associated with toxicity. See Welcomb.com for more information.

## **What are the risks associated with head lice?**

There is no risk for disease or illness associated with head lice but there can be risks associated with certain treatment options.

**How does lice spread?** Lice spreads through prolonged, direct head-to-head contact. Lice do not jump or fly and are not, in fact, easily spread at school. There is a small chance that lice can be spread through shared objects like brushes, helmets, or hats, however this is rare as lice cannot live off the scalp for more than 24 hours.

**How long should children with head lice stay away from school?** The American Academy of Pediatrics recommends students NOT be excluded from school due to lice or nits. If lice or nits are found, appropriate treatment should be started and all other household members should be checked, but no school needs to be missed.

**What should you do now?** Continue frequent head lice checks on your child and treat any infestations appropriately. Please don't hesitate to reach out to the school nurse with any additional questions or concerns.

Sincerely,

School Nurse Name