

Dear Parents,

I hope that you have stumbled upon these “Head Lice,” resources out of preventative measures and not because you are facing the daunting and sometimes intimidating task of de-Licing your students and home. However, if you are in that situation, do not despair, you are not alone.

Lice are much more common in our communities than one might think. If you have ever gone to the movies, ridden in public transportation, tried on someone else’s hat, embraced a friend or family member, shared a brush or hair accessory, you may have unintentionally exposed yourself to lice. Please note, family pets do not play a role in the spreading of head lice.

Lice are very small insects that will inhabit a person’s scalp. After hatching they can appear light colored in and darken as they mature. Many times the coloring of lice can be the same coloring as a child’s hair. We are told that they prefer the nape of a person’s head as well as around the back of the head and above the ears. Although lice are attracted to these areas of the head because they are warm and well covered, please understand that lice can be found throughout a person’s head of hair. Lice cannot hop, skip, jump, or fly. They move by crawling.

With a human host lice live for around 30 days. Lice are blood suckers and depend on us for their source of food. Without a human host, a live louse, (one lice) can only live up to 24 to 48 hours. They simply can’t live longer than that. The difficulty comes when a nit, (the eggs of lice) has been laid on a person’s head or clothing and even though all lice have been killed, that egg can hatch and re-infest a person’s head and home. Please know, a loose nit is very unlikely to hatch when it does not have conditions of temperature and humidity like onto a person’s scalp. If it does hatch, it can only live a few hours without a host.

Three days are necessary for maturation for lice. That leaves around 27 days in which they will start to lay eggs. One louse can lay around 6 nits per day. These nits take around 8-9 days until ready to hatch. A full blown infestation can occur very quickly if un-checked and un-treated. Please understand, there is no documentation that lice have ever spread disease. They are a major pest but pose no threat to your health or life.

Nits are small creamy-white colored specks that often times mistaken for dandruff. They are found at the base of the hair attached to the hair follicle. As if the lice use Super Glue, the nits stick fast to the hair. The only sure way to remove nits from your child's hair is to use a special metal, nit removing comb which can be found at many convenience stores and at all pharmacies.

#### Prevention and Control

- 1- Avoid head to head contact
- 2- Avoid sharing of hats and other personal items
- 3- Do not share combs and brushes
- 4- Consistently wash and launder bedding and clothing.
- 5- Vacuum commonly used areas of home
- 6- Tighter hair styles such as braids for longer haired children
- 7- Tea tree oil or other oils

#### Lessen the impact of head Lice

- 1- Once a week take a peek
- 2- Immediate reporting to school
- 3- Immediate treatment
- 4- Communication to friends and family

#### Possible steps to Treat Head Lice

- 1- Over the counter shampoo products designed to kill all lice.
- 2- Nit removal using metal combs
- 3- All bedding, clothing, stuffed animals either bagged or laundered.
- 4- Mayonnaise in hair for suffocation of lice. (non-pesticide approach)
- 5- Clean home/ vacuum all areas of home and car

There are many different homeopathic ways that people have attempted to kill head lice. Please be careful that any measures taken are safe for you and your children.

Also provided to you are links where I pulled most of my information as well as district policy when dealing with lice. Please know you are not alone in your situation and that we want to be a support to you.

Sincerely,

Kevin Lloyd

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School Board Policy assisting schools and families with head lice:

[http://cassia.schoolwires.net/cms/lib8/ID01906472/Centricity/domain/72/2013-2014/Board%20Policies/Policy\\_563\\_Exclusion\\_for\\_Head\\_Lice.pdf](http://cassia.schoolwires.net/cms/lib8/ID01906472/Centricity/domain/72/2013-2014/Board%20Policies/Policy_563_Exclusion_for_Head_Lice.pdf)

CDC Treatment of Head Lice

<https://www.cdc.gov/parasites/lice/head/treatment.html>