

Dear Parents and Guardians:

Here are a few facts from the American Academy of Pediatrics (AAP) and the Centers for Disease Control (CDC).

Only live lice can transmit lice to another person with close contact.

Nits are whitish round or oval lice eggs that are glued to hair strands. Nits do not transmit lice. If they are found $\frac{1}{4}$ " or farther from the scalp they are probably old nits that have already hatched.

Lice do not carry any disease. Lice do not make your child feel sick with any symptoms, but itching of the scalp or around the ears and hairline is annoying and could turn into a skin infection.

Over the counter pharmacy shampoos for lice removal may be effective if used according to label directions, and REPEATED within 7-10 days. Cetaphil Cleanser (soap) and home remedies of white vinegar, mayonnaise, tea tree oil, or olive oil, may also be effective. Use a lice comb to remove nits, then soak combs, brushes and hair accessories in hot water or lice shampoo for 1 hour. Do a nit check morning and evening of each family member's hair, and treat if any nits or lice are found. If your family has a chronic problem, and lives in an area with known resistance, see your family doctor. A prescription treatment medication may be prescribed.

It is also very important to vacuum mattresses, upholstered furniture, drapes, carpets, and car seats. Wash bed linen, including pillows and blankets in hot water and then place in a hot dryer for 20 minutes. Bag and seal non-washables and toys for 2 weeks, in plastic bags. Burn or double bag and tightly seal vacuum cleaner bags and dispose of.

Lice cannot survive on animals, but can crawl onto their fur for 2-3 days, then to humans. Head lice cannot fly or jump but can crawl.

The life cycle of lice:

A mature or adult lice can lay up to 10 nits or eggs each day.

These nits or eggs hatch in about 7-12 days.

Nymphs or baby lice mature into adult lice in 9-12 days, and must live on human blood to survive.

In a few days adult lice are ready to mate, starting this life-cycle all over again during their 3-4 week, or 30 day life-span. Lice can survive 2-3 days off of the human scalp (hiding in stuffed animals, carpet, upholstery or pet's fur.)

Please phone 715-946-3158, ext. 120 if you have further questions or concerns.

Sincerely,

Elaine Rud RN, School District of Gilmanton