



David Thompson Elementary
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Dear Parents/Guardians:

RE: HEAD LICE AT DAVID THOMPSON

As a precautionary measure, we are asking that all parents/guardians take a moment and carefully check your child(ren) for head lice. In recent weeks a few cases have been reported and we want parents/guardians to be aware and take immediate action if necessary to help stop the spread of head lice.

HOW TO CHECK:

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 eggs. Nits (eggs) are attached to hair close to the scalp. Nits are white to light brown in color and may be confused with dandruff. Nits are firmly attached to the hair and do not move unless you slide them down the hair strand.

Step 4: If you find a louse or nit, check all household members. Treat only those who have head lice or nits. Please see attached.

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

Remember:

- Make weekly head checks part of your routine.
- Scratching and itching of the scalp may be a sign of head lice.
- If your child has long hair, keep it tied back.

Please contact Kamloops Public Health Services at 250-851-7300 for further information.

Yours truly,

Mr. Chris Wood,
Principal

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WHAT PARENTS CAN DO...

- Be aware of the symptoms of head lice and the treatment procedures.
- Check the heads of all family members on a weekly basis. Increase this to daily head checks when a case of head lice has occurred in your child's classroom or one of the family members has been in contact with head lice.
- Treat the infested heads.
- Refer to the Interior Health School Health Website (Educational Video, PowerPoint and Guidelines) www.interiorhealth.ca (type in "head lice" in search box)
- Contact the Public Health Nurse when treatment has failed to rid your child's head of head lice.
- Teach your children not to share hair accessories, hats, coats, combs, brushes, etc. with others and tie back or braid your child's hair.

HEAD LICE TREATMENT

TWO ACCEPTABLE TREATMENT OPTIONS**

OPTION A:

Head Lice Shampoo- Creams-Rinses

**Kill the Head Lice
&
Remove the Nits**
(within ¼ inch of scalp)

Special head lice products are used because they have been tested and determined to be a safe and effective treatment

OPTION B:

Wet-Combing

**Remove the Head Lice
&
Forget the Nits**

A non-chemical way to find and eliminate head lice.

Wet combing with hair conditioner immobilizes the lice.

Note: the research to support this method is unclear but many people say it works

****Do not combine treatment options as this can reduce effectiveness**