

Tis the Season for Sharing!

As we have returned to school, we work closely together over projects, hang coats/backpacks next to each other, hug our friends Hello/Goodbye. It's during those times that Lice take the opportunity to scurry from one warm home to another.

Lice **cannot** jump. Lice **cannot** fly. Lice **can** walk very fast.

Lice like the warm, dark places behind our ears and at the back of our necks.

Lice don't care whether we are rich or poor. Lice prefer clean hair as it's easier to attach their nits (eggs) to a clean hair shaft over a greasy one. (I'm not supporting dirty hair. Just providing Lice preference 😊)

Lice like it when we share hats, combs, brushes, hair accessories and pillows during sleepovers.

When lice are identified in our hair, they've been there an average of one (1) month.

Even though saying the word "Lice" makes our head itch, they are harmless creatures. Lice do not carry diseases. Lice cannot be shared between people and animals. Lice are time-consuming and potentially costly.

If you have discovered head lice on your student, your first step is to treat their hair with an FDA-approved lice shampoo, applied per manufacturer instructions, followed up with **LOTS of combing** to remove all the nits. (This is the time-intensive part I referenced.) If one live nit is left behind, it can hatch & create another community in your student's hair. There are other treatment options that you may want to consider. Please make sure that your choice is effective.

Your next step is to inform me that your student has had Lice. KPBSD Lice Policy states that before your student can return to the classroom, they must first check in with the school nurse. After I have gone through their hair & confirmed no lingering LIVE LICE, I will clear them to return to school. If I identify any residual LIVE LICE, I'll have to send them home for continued combing. We'll repeat their nurse's office head checks until I don't find any more LIVE LICE. I'll encourage you to continue with your combing and the recommended repeat Lice Shampoo/optional treatment until the Lice & nits are completely gone.

Home care after a Lice visit is where the "potentially costly" comment comes in. Laundering, vacuuming (including vehicles), bagging stuffed animals plus a myriad of other tasks can feel overwhelming.

I want to encourage you to complete random head-checks on your student(s) throughout the school year, making sure that they haven't inadvertently brought home an unwanted visitor from school, after school activities, Church, or any other Community-based gathering.

If you have any questions, please do not hesitate to contact me either by email or telephone.

Nurse Tammy

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