

Date \_\_\_\_\_  
School \_\_\_\_\_

Dear Parent or Guardian,

Head lice has been found in your child's school. The first thing is NOT to panic! Head lice are very common and affect 8-12 million people a year. Human head lice are NOT passed onto or from animals.

For your information:

- Lice are small, grayish-white, wingless bugs, about the size of a sesame seed. They can have a reddish-brown appearance if engorged with blood.
- Lice cannot jump or hop, and they do not have wings
- Lice are easily spread through head-to-head contact
- Lice can be passed by sharing head coverings, such as helmets, hats and hair accessories

Treatment MUST be done in conjunction with cleaning, or a re-infestation is likely! Treating for head lice without cleaning ALL living environments is leaving your child open for re-infestation! For children traveling between parents, share this information with everyone involved.

Having head lice does not mean you are unclean or that you are a bad parent! Head lice are very common and it can affect everyone living with the infested person! Make sure that if you find lice on one head that you check everyone in the household.

Head lice can cause attention problems in school children. Most children will have a "tickly" or "itchy" sensation, but not always. The older the child, the less likely they are to communicate with parents. If you have older children in the house, make sure that you check and treat them yourself. Do not leave it up to them; everyone needs help with this problem.

Follow the steps below to help us control head lice in our school:

- 1) Visit [www.liceice.com](http://www.liceice.com) to see exactly what lice and eggs (nits) look like.
- 2) In the strongest, natural light possible (this may be outside) check your child's head carefully for lice and eggs. Lice lay eggs approximately 1/8" from the scalp. The further down the hair shaft the eggs are found will indicate how long your child has been infested. If you have poor vision, enlist the help of a friend. Lice eggs can be tiny!
- 3) IF YOU FIND LICE, apply Lice Ice, and follow the directions on the back of the tube. Lice Ice works *best* on a fresh infestation.
- 4) Make sure you are putting "A clean head in a clean bed"! After you have treated and done a manual inspection for remaining lice and eggs, you must clean the child's living environment *before* you return the child to it. If you are a custodial parent, please make sure to share this with other guardians of your child. Cleaning includes vacuuming your home and bedding, and washing linens. For specific information on how to clean your home for lice, visit [liceice.com](http://liceice.com).
- 5) IF YOU DID NOT FIND LICE, you can use Lice Ice safely, everyday as a preventative. Follow the directions on the back of the tube for long or short hair.

If you have any further questions, please call me at: \_\_\_\_\_ . You can also visit [www.liceice.com](http://www.liceice.com) for more info and pictures. With everyone working together, we can control head lice in our schools.

Sincerely,