

Lake Washington School District  
**Lice Notification Letter**

DATE: 11-10-16

Dear Parent or Guardian,

Head Lice has been reported in your student's classroom. Please help us to take precautions by checking your student's hair and report any case to the office. All students with head lice have been notified to seek treatment. **According to district policy, no child will be readmitted to school unless first checked by a nurse or district representative in the health room and no live lice are present. Parent/Guardian must accompany students when they return to school.**

Live lice are gray to brownish in color, about the size of an ant and look like a tiny crab. Nits are tiny teardrop shaped transparent eggs that are attached tightly to the hair and cannot be easily removed without sliding the nit down the hair shaft. In contrast, dandruff or dry scalp flakes can be easily brushed away. The nits are usually found at the nape of the neck, behind the ears, on the crown of the head and close to the scalp.

**Steps to follow to treat head lice**

1. All family members should be examined and treated if live lice or nits (lice eggs) are found.
2. There are several products to treat lice. Check with your child's health care provider for guidance on what product to use. Follow the directions carefully. There are also professional lice removal services that can assist with checking and removal of lice and nits.
3. We recommend checking your child's hair by wetting with a detangler or conditioner and combing it with a lice comb from the hairline to the bottom of the hair. After each swipe through the hair, wipe the lice comb onto the paper towel. It is important that you purchase a lice comb that has teeth that are close together.
4. Hair accessories such as hair brushes, combs, head bands etc. should be placed into a bag and put in the freezer for 3-4 hours or you can put them aside for 12-24 hours. The hair brush and comb can also be washed in the top rack of the dishwasher. We do not recommend boiling as this will ruin your brushes and combs.
5. Wash only the bed linens of the infested person. They should be washed in hot water (at least 130 degrees) and dried in the dryer. You will need to wash linens daily as long as there is evidence of head lice on the infested person. Coat, backpack, chairs, couches, and/or car seats should be wiped down or vacuumed if they will be used again in less than 12 hours after the infested person used them.
6. Follow the manufacturer's directions for when to re-treat your child. Continue to check family members for the next several weeks for evidence of head lice.
7. Talk to your child about avoiding head to head contact with other students as well as not sharing hair brushes, hair accessories or hats.

Careful focus and attention should be placed on removing all lice and nits from the head. **The only guaranteed way to get rid of head lice is to make sure there is nothing left on the head to either lay eggs or hatch.**

A louse can live off the head for 24-48 hours; however, once it is off a human host for longer than 12 hours, the louse will begin to die. Nits that are off the head will not hatch.

If you have questions you can contact the nurse at your child's school. Your help in this matter is greatly appreciated.

Sincerely,

Principal  
Chris Bede

District Nurse  
June Link RN  
jlink@lwsd.org