



Dear BISD Families,

The BISD Health Services Department would like to share some information about head lice and what you can do to manage and minimize the spread.

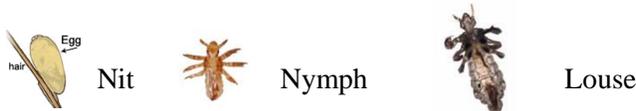
The Centers for Disease Control website offers valuable information and resources for parents and guardians in the management of head lice. Please visit their website www.cdc.gov or at <https://www.cdc.gov/parasites/lice/head/parents.html>

Safety First: DO NOT use ANY chemicals or substances on yourself or others that are not FDA approved for the treatment of active head lice infestations. Well-intentioned parents have treated their children with toxic or flammable substances that have resulted in poisoning and death.

Head Lice:

1. Do not carry disease.
2. Do not fly or jump. They can only crawl.
3. Can only live on humans and cannot survive without a human host.
4. Are transmitted during direct, prolonged, head to head contact, and possibly when sharing hats or combs shortly after they were used or worn by someone with an active lice infestation (not common).
5. Getting head lice has NOTHING to do with personal hygiene or cleanliness of the home or school.
6. The best way to prevent the spread of head lice is to practice good head habits. Remind your student to keep their head to themselves and not share headwear, or combs.

How to Spot and ACTIVE infestation:



1. You see a live crawling louse (adult) or nymph.
2. You see several Nits on the hair shaft very close to the scalp (within a ¼ inch). Nits that are seen further down on the hair strand indicate a past (not active) infestation.
3. You should examine your child's head, especially behind the ears and at the nape of the neck, for crawling lice and nits.
4. Nits will hatch every 7 days.
5. Nymphs, newly hatched nits, are very difficult to spot and require thorough head checks in adequate lighting.

Available Treatments for an ACTIVE infestation (Visit CDC website for more information):

1. Using a lice comb routinely is an effective, and the safest, way to treat head lice and get rid of nits.
2. Use an FDA approved over the counter lice treatment medication ONLY AS DIRECTED ON THE CONTAINER. Most over the counter lice treatment medications do NOT kill ALL of the nits. Therefore, continue to use a lice comb at least 2 times per week until all nits are gone. Do not repeat head lice treatment sooner than directed by the instructions on the box or sooner than directed by your doctor.
3. Although, you should check all household members and close relatives and friends for signs of an active lice infestation, do not use lice treatment medications as a way to prevent lice. Treat only active infestations.
4. Your doctor may be able to provide a prescription lice medication. Call your doctor for more information.