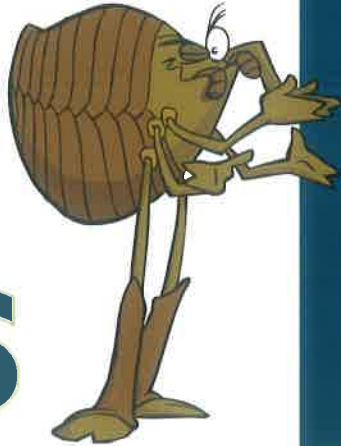


From your school nurse

Dear Parents and Guardians,

Anyone can get head lice. Keep reading for tips on how to check for lice and the Wet Combing Method for removing them. Check for head lice weekly as part of your regular routine. The best way to avoid the spread of lice is by avoiding head-to-head contact. Remind your children not to share combs, brushes, hats, scarves or anything used on the head.



FAST FACTS

- Head lice are tiny grey/brown insects that live only on the scalp of humans. They are not found on pets.
- They crawl quickly but cannot fly or jump. They do not cause disease. They can live up to three days off the head.
- Adult female lice glue eggs on the hair shaft close to the scalp
- Live eggs are oval and can be similar in colour to the hair colour
- Eggs hatch in seven-10 days. White egg shells (nits) stay on the hair shaft even after the eggs hatch.

• ♀ (life size)

Every elementary and secondary school in Niagara has a school nurse.

The school nurse provides teachers, parents and students support and resources on health topics, including:

- Handwashing and respiratory etiquette
- Physical activity
- Parenting
- Puberty
- Drugs and alcohol
- Safety
- Healthy eating



Getting rid of lice

Wet Combing Method helps find and remove head lice by combing through hair soaked with conditioner, using a fine-toothed comb. Work by a sink with good lighting.

Step 1	<ul style="list-style-type: none">• Soak hair thoroughly with conditioner down to the scalp• Untangle with a wide-toothed comb
Step 2	<ul style="list-style-type: none">• Switch to the head lice fine-toothed comb• Work with small sections of hair• Place the teeth of the comb at the roots of the hair, touching the scalp• Comb through each section of hair from roots to ends, several times• Pay special attention when combing around the ears and back of the neck• Check the comb for lice after each stroke, and remove them by wiping the comb on paper towels or rinsing under the tap
Step 3	<ul style="list-style-type: none">• Rinse out the conditioner, and leave the hair dripping wet• Repeat combing to remove any lice you might have missed

Repeat wet combing session every four days for two weeks to remove nymphs (baby lice). Use your calendar to keep track of the wet combing days for the next two weeks. Any live eggs still present on the hair will hatch in seven-10 days.

Other products

Treatment products are to be used only on those who have head lice, as they do not prevent lice.

Talk to a health professional about products and methods available. Follow instructions carefully.

Wash and rinse hair in the sink, not in the bath or shower. Limit use of regular shampoo and hair products until a few days after first and second treatments to allow the product to work most effectively.

Talk to your Doctor

- If you are pregnant or breastfeeding
- About asthma or allergies to product ingredients
- If child is under two years
- If a person has a seizure disorder
- If the skin of the scalp is broken
- If head lice continue to reoccur



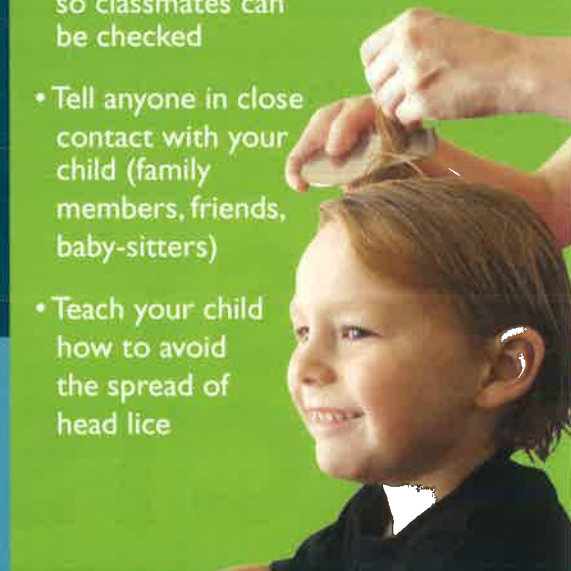
Checking for lice

Use a bright light (a magnifying glass may help)

Part hair in small sections and look near the scalp

If you find lice

- Check all the people that live in your house
- Treat all cases at the same time to stop the spread of lice
- Inform the school and/or daycare so classmates can be checked
- Tell anyone in close contact with your child (family members, friends, baby-sitters)
- Teach your child how to avoid the spread of head lice



For more information

Niagara Region Public Health

Parent Talk Line at

905-688-8248 or

1-888-505-6074 ext. 7555



www.niagararegion.ca/health

Niagara  Region