

November 15<sup>th</sup> 2012

Dear Parent/Guardian:

As the new District Head Nurse I will be sending periodic health updates educating our school community with preventative measures and health issues that concern school age children. A concern from parents I often hear about is head lice. Head lice are transmitted mainly through head-to-head contact. Although head lice pose no immediate health risks, they are incredibly irritating, and can make the scalp itchy, sore and red, as they bite the skin to feed. The crawling sensation on the scalp is unpleasant, making a person scratch an already sore and itchy scalp.

- Most of the time, having head lice is more embarrassing and itchy than it is concerning as a condition. I am asking for your assistance in being proactive to prevent head lice in our school.
- Please check your child's head weekly for lice. Look for small silvery nits fixed to the hair shaft, similar in appearance to dandruff, but not easily removed. Where nits have hatched, live lice may be seen.
- Avoid head to head (hair to hair) contact during play and other activities at home, school and elsewhere (sports activities, playground, slumber parties , camp).
- Encourage your child not to share hats, pillows, hair brushes, hair ribbons, coats, etc. with other children. Additionally, keep girls hair tied back at all times.
- If you suspect that your child has lice, please contact your healthcare provider regarding appropriate treatment.
- Please contact the school nurse if your child is being treated or has been treated for head lice, so that we can check his/her classmates to decrease the spread of lice.

If you have any questions or concerns, please feel free to contact me at (516) 520-2164 or you can email me at [kstephens@islandtrees.org](mailto:kstephens@islandtrees.org).

Thank You and Stay Healthy!

Karen Stephens  
District Head Nurse