

Important Health Office Reminder

Kids bring many things into school in September-smiles, anticipation, colds, allergies and sometimes head lice. **We have NO cases of head lice at the present time to my knowledge.**

Head lice are commonly spread by head to head contact during play and other activities at home, school, and elsewhere (sports activities, slumber parties and camp to name a few). Watch for signs of head lice, such as frequent head scratching or complaints of the scalp feeling itchy. Lice are the size of a sesame seed and they crawl on the scalp. They cannot jump or fly. The tiny eggs that are laid are on the hair shaft close to the scalp and cannot be brushed away like dandruff.

In order to **prevent and control** the spread of lice during the school year the following recommendations should to be followed:

- Check your child's head for lice and nits on a **weekly** basis. This is your best defense!
- Encourage your child(ren) not to share hats, helmets, combs, brushes, scarves, headbands, barrettes or towels.
- Children with shoulder length hair or longer should keep it in a braid or ponytail.
- The school must be notified promptly if head lice are found. Please refer to the back page for important treatment information.
- If you have any questions or concerns or need further information, please contact me @ 665-1451 during regular school hours.

Be Well!
Kathy Kuck RN