

Suggestions to Avoid Lice

1. Educate your children to not share personal belongings that have been on or near another child's head, including hairbrushes, combs, hats, scarves, towels, helmets, pillows, sleeping bags, etc...
2. Teach your child the importance of hanging their coats on their individual hooks, and encourage the use of the private bins provided for their hats and gloves. Your child could also place their items in their backpacks if close contact is a concern.
3. Don't allow untamed hair. Have long hair placed in braids and pony tails.
4. Regularly clean things that your child's head has direct contact with, such as car seats, pillows, head phones, etc.
5. Check your child's head at least once a week - this is your responsibility as a parent. Focus on the back of your child's head, near their necks and behind their ears.
6. Recognize the symptoms of head lice which include an itchy scalp and small red bumps or sores on the back of your child's neck and scalp.