



Dear Parents/Guardians,

Welcome back to school! We are looking forward to a productive and enriching new school year.

The Old Bridge School District has adopted an evidence-based practice policy regarding head lice based on current research and recommendations from the Center for Disease Control (CDC), the American Academy of Pediatrics, and the National School Nurse Association. We believe that it will result in a decrease in unnecessary absenteeism, reduce embarrassment to students and families, and decrease the overuse of potentially harmful chemicals.

Head lice can be a nuisance but do not spread disease. Pediculosis, or head lice, is a tiny wingless insect that lives close to the human scalp. An adult louse is the size of a sesame seed and will adapt its color to the hair color of its host. Lice eggs or nits, attach to the hair shaft. They are white or yellowish in color and resemble dandruff. However, unlike dandruff they cannot be easily brushed off. The presence of nits alone is not an accurate indicator or predictor of an infestation. Head lice do not transmit disease, are not a sign of poor hygiene, cannot fly, jump, or swim, and do not discriminate against any person regardless of age, gender, or race. Head lice are transmitted through direct head to head contact.

You can help by encouraging your child to avoid head to head contact with other children, teaching them not to share or borrow hats, combs, brushes, and other personal items, and checking their head for lice regularly.

If you think your child may have head lice, it's important to speak with your healthcare provider to discuss the best treatment approach for your family. The school nurse's in the district want to provide you with the information you need to safeguard your child's health and pave the way for a healthy school year!