

January 2019

Highland Community School District Parents:

Highland Community Schools have approximately 3000 students within our district. At any one time, there may be a student with head lice. Do not be alarmed as the risk of contracting head lice from the school setting is very low. We want to encourage you to check your child periodically throughout the school year for the presence of lice or nits. Please follow the guidelines below if you find head lice and notify the school nurse in your child's building. The school nurses continually monitor the presence of head lice in their buildings. In the primary and elementary buildings, the nurse will notify individual classroom parents when there is one or more live lice cases in one classroom. Thank you.

1. **Check your child for the presence of nits or lice.** Look for tiny, white eggs (nits) on the hair shaft, near the scalp, especially at the nape of the neck and behind the ears. Nits cannot be brushed away. They have to be individually removed and pulled off the hair shaft. Head lice are small grayish-tan insects without wings.
2. **If your child has nits or lice, use an effective head lice treatment.** Several are available without a prescription at local grocery stores or Walmart. The creme rinse requires just one application and protects against reinfestation for up to two weeks. Shampoo treatments require a second application 7-10 days after the first, are less effective, and offer no extended protection. You may also contact your child's physician to receive a prescription for treatment.
3. **Remove all nits.** Gently comb the child's hair with a special nit removal comb. These combs are usually provided with the lice treatment products. The comb will only remove some of the nits. For the remaining nits, you will need to use your fingers to pull the nits off the hair shaft.
4. **Wash clothes, bed linens, and towels.** Use hot water and dry on hot cycle for at least 20 minutes. Items not machine washable must be dry cleaned or stored at room temperature in a tightly sealed plastic bag for at least two weeks. Items such as headphones and helmets should be similarly bagged and stored.
5. **Soak combs, brushes, etc. in hot water.** The hotter the better. Items should be allowed to soak for 5-10 minutes.
6. **Vacuum everywhere.** To make sure the rest of your home is lice free, you should vacuum carpets, pillows, mattresses, upholstered furniture, and even the car seats.

**If you have any questions or need any help, please don't hesitate to contact the school nurse in your child's building. Thank you for your cooperation and assistance in this matter.**

Highland School Nurses

Jae Kuberski, Highland Primary 654-2107

Gina Ashby – Highland Elementary, Alhambra Primary, and Grantfork 654-2018

Monica Martin – Highland Middle School 651-8800

Natalie Propst – Highland High School 654-7131