

**South Seneca Central School  
Elementary Health Office  
8326 Main Street, Interlaken, NY 14847  
(607) 869-9636 Ext. 4141  
Fax (607) 532-8540**

Head lice are a year-round nuisance, although spring time has a tendency for us to see an increase in cases of head lice. Our children are busy, outside riding bikes, playing baseball, camping, and having sleepovers. These are all activities that can help promote the transmission of head lice. Below please find some head lice facts and some reminders.

**Facts:**

- **Head lice CANNOT JUMP or FLY**
- **Head lice can only be transmitted by direct contact.**
  - **For example sharing hats, brushes, or having head to head contact.**
- **Nits are NOT contagious.**
- **Lice can live off the human head for approximately 48 hours. Eggs can survive about 10 days.**
- **After exposure it usually takes 10-14 days before you see enough nits to be able to diagnose head lice. This makes it very difficult to say exactly where it was picked up.**

**Do's and Don'ts:**

- **Don't panic! Although they are a nuisance, lice do not carry diseases or infection. Also they are not an indication of cleanliness.**
- **Do check your child weekly for head lice. Nits are tiny grayish brown teardrop shaped eggs. Viable eggs are found with-in 1/4" from the scalp and do not move easily. Live lice are small brownish insects usually found close to the scalp.**
- **Do contact the health office for assistance if you are unsure of what you're looking at or what to do. Call also if you have any questions or concerns.**
- **Do remind your child not to share combs, helmets, etc. Remind them not to sleep with their head next to someone else.**
- **If they play baseball, make sure they ALWAYS WEAR A BASEBALL CAP UNDER THE BATTING HELMET.**
- **Do keep hair clean and long hair is best kept braided or in a pony tail.**
- **Please check your child's hair frequently year-round to increase the chances of finding lice early.**

[www.cdc.gov/parasites/lice/head/treatment.html#treat](http://www.cdc.gov/parasites/lice/head/treatment.html#treat) and

[http://www.health.ny.gov/diseases/communicable/pediculosis/fact sheet.htm](http://www.health.ny.gov/diseases/communicable/pediculosis/fact_sheet.htm)

Spring time may bring a significant number of students coming in with sunburns. Please make sure that your child wears sunscreen when they are outside. Wearing a light weight shirt will also help protect from sunburn. Please make sure you are taking steps to protect your child from the dangerous effects of the sun. Students do all go outside daily, weather permitting.

**Please help us help keep your child safe and healthy.**

Dena Ganoung, RN  
Elementary School Nurse

## Work Chart

	The Work	Done
1	Examine each family member's head	
2	Go to drug store for medicated shampoo or seek advice from school nurse or medical doctor.	
3	Treat all members of family who have nits or live lice.	
4	Soak combs and brushes in hot water(150F )in louse shampoo for 1 hour	
5	Comb hair of each person carefully with a fine tooth comb (metal is best). Do one small section at a time, wiping comb with a paper towel in between. Use fingernail to remove remaining nits. Use a bright light.	
6	Take sheets, pillow cases, blankets, and bedspreads off beds of all infested persons.	
7	Wash and dry all bedding at hot settings	
8	Put pillows and non-washable bedding in dryer for 30 minutes or seal in plastic bag for 14 days.	
9	Vacuum all mattresses especially around any buttons. Empty vacuum outside after using.	
10	Make all beds with clean bedding	
11	Carefully vacuum all upholstered furniture, throw pillows, and seats in car.	
12	Carefully vacuum all carpets	
13	Wash all towels, jackets, sweaters, hats and other clothes that have come in contact with infested persons in last three or four days.	
14	Take non-washable clothes to the cleaners or use alternative treatment: hot dryer for 30 minutes; seal in plastic bag for 14 days; put in freezer for 48 hours; put in direct sun for 6-8 hours.	
15	Fold clean clothes and put them away.	
16	Notify all people that have recently been in contact with infested person(s).	
17	Be sure school nurse has been notified.	

**DON'T FORGET TO CHECK HEADS AT LEAST TWICE A DAY FOR  
14 DAYS AND PERIODICALLY THEREAFTER**