



Matawan-Aberdeen Regional School District

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Dear Parents/Guardian,

Every year we receive reports of head lice in some of our schools throughout the district. It is important that parents understand that head lice infestation is not a result of unclean homes or children. Head lice are usually transmitted from one affected person to another by direct contact with hair. Such contact usually does not take place in the school setting; but rather at sleepovers, parties, dance class, and sports or in any situation where there is head and/or clothing contact. Please take the time to educate your children not to use or share anyone's comb, brush, hat, scarf, helmet, headbands, hair ties, jackets, backpack, sweatshirts etc.

We recommend that parents check their children frequently for head lice during the course of the school year. Mass screening of children in school has not proven to be nearly effective as parents actively checking their children's heads at home on a regular basis.

What you should look for?

- Often there is persistent itching or scratching behind the ears and back of neck.
- Head lice are tiny, the size of sesame seeds. They are grayish-tan, wingless insects.
- They do not jump or fly; they crawl on the scalp.
- Females lay eggs called nits that are **glued** to the hair shaft. Eggs hatch in 10 days.
- EGGS/NITS look like dandruff, but dandruff can be easily flicked away with a finger. EGGS/NITS stay in place.

What is the treatment?

- Check with your healthcare provider about which shampoo to use.
- Remove the EGGS/NITS that may survive after treatment. COMB, COMB, COMB!
- Clean your home, stuffed animals, sheets, couches, car seats, towels, rugs etc.
- The EGGS/NITS will hatch and cause re-infestation unless they are removed by combing the hair.
- Must continually comb hair daily until all EGGS/NITS are gone.
- Check other children and adults within the home.

If you have any questions or concerns, please contact the School Nurse.

Sincerely,

MARSD Nurses

A handwritten signature in the bottom right corner of the page.