



ERRINGTON ELEMENTARY SCHOOL

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Dear Parents:

There has been a reported case of head lice in your child's class. To prevent further spread of this problem, please read the information on the reverse of this letter and follow the instructions for detection and treatment if you find lice. Please inform the school if your child does have head lice.

Parents should be pro-active and check their children's hair weekly.

If you have any questions or concerns about lice detection and treatment, please contact the Public Health Office at 250-947-8242.

Thank you for your consideration.

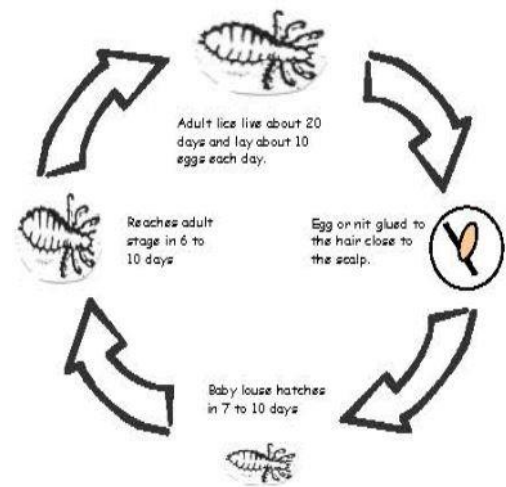
Yours truly,

Mrs. Sheila Morrison
Principal

DETECTING AND TREATING LICE

WHAT YOU NEED

- shampoo and white colored conditioner (low-cost is fine),
- towels and paper towels/white cloth
- a headlamp can be helpful
- lice comb – this is a narrow comb with fine teeth and slanted tips. Metal combs are generally thought to be best. You can get a lice comb at any pharmacy. In the case of low-income families, the PAC will provide a lice comb and conditioner.



HOW TO CHECK

Lice move quickly in dry hair and are difficult to see, regular wet combing is the most effective method to detect lice.

Once a week is recommended.

1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with a lice comb. While you are combing over the head, keep the teeth of the comb touching the scalp at all times.
5. Checking can be done with the head forward over the sink, combing from the back of the head to the front, or from a sitting position going from the front of the head to the back.
6. Pull the comb through the hair in one stroke. If the comb tugs, add more conditioner
7. After each stroke, wipe the comb on a paper towel/white cloth and look for lice. Alternately you can tap into a little bowl of water. Make sure no lice are on the comb when you go back to your child's hair. Wearing a headlamp while doing this can be extremely helpful.
8. Make sure to comb the entire head, checking for lice after each stroke.
9. If you find any lice, you must treat the child. Learn the benefits and risks of the various treatments. You only need to treat those family members that you have found lice. Please inform the school if another child in your household has lice so that their class can be notified. Your privacy will be maintained.

TREATMENT OPTION – WET COMBING AND CONDITIONER

Conditioner and wet-combing has been shown to be the most effective method to eliminate lice and is also the most cost effective. It needs to be noted that EVERY treatment requires that you wet-comb the hair after each treatment.

1. With the conditioner still on, pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke. If your child's hair is long, it is easier to separate the hair into sections, combing out each section at a time.
2. After each stroke, rinse the comb in warm water. Check the comb for lice before you pull it through the hair again to make sure you do not put lice back onto the head.
3. Keep combing the entire head (or each section of hair) until no more lice are combed out.
4. Rinse hair to remove conditioner
5. Untangle hair with wide-tooth comb to take out knots
6. Comb the whole head again, rinsing the lice comb after each stroke to make sure there is no more lice.
7. Repeat this treatment every 4 days (AT LEAST, every day for the first few days is even better) for a full TWO WEEKS to make sure no new lice have hatched from missed eggs when combing.
8. Wash hats, pillowcases, stuffies, combs and hairbrushes that have had contact with the head the previous 2 days. Clean the supplies you used to check/treat the head. You DO NOT need to spend time cleaning the house – lice do not live long off the head.