

## EXPOSURE NOTICE\* - HEAD LICE

Date: \_\_\_\_\_

Dear Parent/Guardian:

Your child may have been exposed to HEAD LICE.

### General information:



Head lice are parasitic insects that live on people's heads and feed on human blood. An adult is called a louse – it is grey or brown, about 1/8 inch long, and wingless. The eggs (nits) are light brown or greyish- and are found firmly attached to the hair shaft. Lice and nits can usually be found on the scalp, especially at the back of the head near the neckline and around/behind the ears. Although a significant nuisance, **lice are not known to spread disease**. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

### What are the symptoms?

Usual symptoms include feeling like tickling or something is moving in the hair, itching, and possibly sores on the head caused by scratching.

### What do I need to do?

- Check your child's hair regularly for nits or live lice and whenever your child scratches his/he head.
  - Pay special attention behind the ears and the nape of the neck. It is easiest to find the lice/nits with the use of a magnifying lens and a fine-toothed comb. Even if live lice are not seen, but nits are found attached within ¼ inch from the base of the hair shaft – the person has a lice infestation. If you are unsure, please consult with your healthcare provider.
- If you find nits or live lice, please:
  - Call your healthcare provider for treatment recommendations and instructions.
  - Inform the school.
  - Keep your child home until he/she has been treated.
  - Check others that live in the household for lice/nits. All affected people should be treated.

*Please follow your health care provider's instructions for home care to successfully kill the lice. It is very important that you follow all treatment and nit combing instructions completely and carefully.*

*Please talk to your Family Service Worker if you do not have a regular healthcare provider or health insurance.*

## ADDITIONAL INFORMATION ON HEAD LICE

### **How is it spread?**

Usually one gets head lice after head-to-head contact with those with head lice. Lice may also spread by sharing clothing (hats, coats, etc) or by using infested items (e.g. combs, hair ties, towels, etc). Lice cannot jump or fly, but only crawl.

### **When can someone with head lice return to school/childcare?**

Children with symptoms of head lice may return to school after appropriate treatment has began and no live lice are found. Nits may persist after treatment, but there should be no live lice.

### **Resource:**

*A Parent's Guide to Head Lice* found at:

<https://archive.cdph.ca.gov/HealthInfo/discond/Documents/AParentsGuidetoHeadLice.pdf>