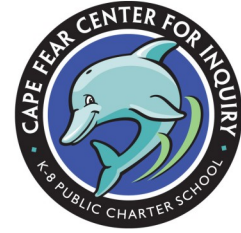


Lice Prevention & Treatment



A message to our families

Parents,

As many of you are aware, we have experienced a number of lice cases over the past year. In doing some research, it is evident that lice are a problem across the region. At CFCI we want to educate our families as best we can to ensure that we maintain control of this “pesty” situation!

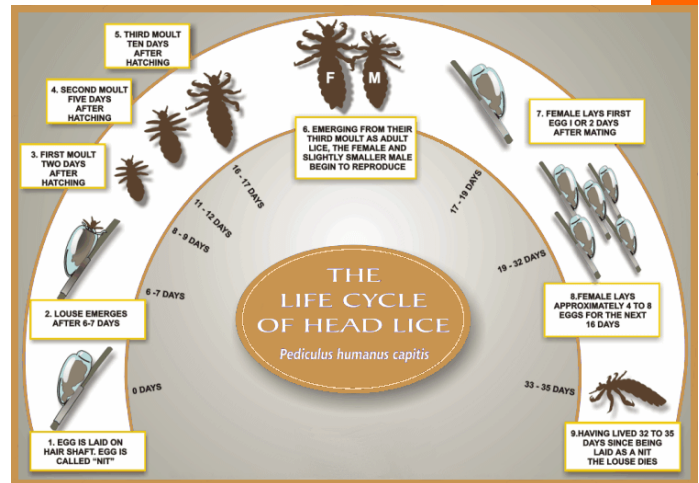
This newsletter has many facts, tips and resources for you to use at home.

We are asking that ALL families frequently check your children for any sign of lice. If lice are found, please notify the school.

CFCI's procedures require students to be checked

upon return after having lice. At this time, if we find any live lice or nits, students will be sent home to have the nits removed. This is further outlined on page 55 of the student handbook.

Please keep in mind that lice are NOT an indicator of uncleanliness. Lice have such a negative stigma attached to them because they are unpleasant to deal with. Lice actually attach themselves better to clean hair than dirty hair. Lice do not discriminate! Statistics show that 1 in 4 children will have lice at some point during their childhood. **Please read the rest of this newsletter for tips and strategies!**



Louse Life Cycle:

Lice can live up to 30 days on a person's head and lay from 50-150 eggs. To live, adult lice need to feed on blood.. If the louse falls off a person, it dies in 24-72 hours. The eggs are viable for up to 14 days.

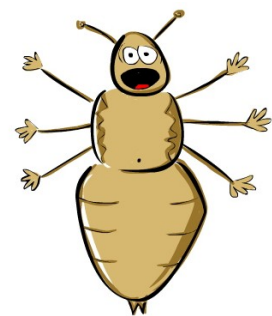
Proactive strategies taking place at CFCI

We are being as proactive as possible at CFCI to prevent the spread of lice throughout the building. I have asked teachers to bag up any pillows, no more transporting stuffed animals to and from homes for a while, and we have regular cleaning routines in place. Teachers are also ensuring that

students are not sharing headphones, hairbrushes, combs, hats, jackets, bookbags, etc. Mr. Chris is working with teachers as well to be sure that classrooms are clean. We are looking into the cost of bringing in a lice removal professional to talk to our staff. We are also going to begin weekly lice checks after students return

on the 29th and continue the checks until we feel that the situation is under control.

These are all strategies that we can do at school, but we need your follow through to help at home! Please read the tips and strategies throughout the rest of this newsletter for more information!



<http://liceknowingyou.com/symptoms->

What are lice?

Lice are tiny insects...parasites...that live off of living beings. These pests have been around for millions of years. They only feed on humans, *pets* do not get lice. Lice normally stay on the head. Their saliva often causes humans to itch which is an indicator that they are there, however, not everyone itches so it's important to check anyway! Lice lay eggs. A female louse can lay between 50-150 eggs in her 30 day lifespan. When the eggs hatch, they are called nymphs. Nymphs must feed quickly or they will die. They take 7-10 days to start laying their own eggs. The eggshell left behind by the nymph is called a nit and is normally tightly (almost cemented)



attached near the root of the hair follicle.

Lice breath through holes in their abdomen. This is why they can be suffocated. They can go about 8 hours without breathing. Suffocating lice is a great way to kill live lice, but does not solve the problem of dissolving eggs or removing the nits that are cemented to the hair.

Lice do not usually carry disease, but can certainly cause discomfort. Lice infestations **MUST** be taken very seri-

ously. They can multiply quickly if you are not being attentive to treat them properly. Ridding your head and home of lice is a time-consuming task that can cause the family stress, cost money, and is exhausting!

Many families at CFCI and in surrounding areas have had to deal with lice. Please contact Lori Roy at lori.roy@cfci.net if you are interested in offering support to other families if you have experienced lice and want to help OR if you would like to talk to someone first hand about how to be both proactive and/or how to treat an infestation. We have some wonderful families who have kindly stepped forward to offer support from first-hand experience.

How do you know if you or your child have lice?

How did they get it?

1. Itching– this is usually an early sign. Be sure to check the head, scalp, hair, behind ears, neck-line
2. Look for nits! There are usually more of those than live lice (see pictures on the following pages)



3. If a lice letter comes home from the classroom, be diligent in continually checking your child for lice.
4. Children get head lice almost as much as the common cold.
5. Children get lice from

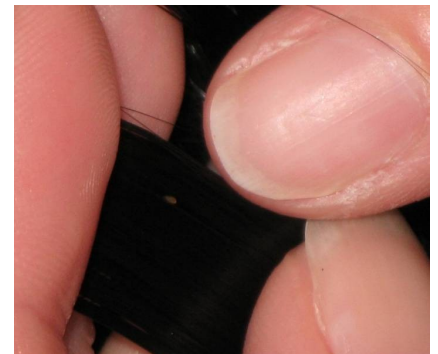
other children as they can move through head to head contact, brushes, hats, scarves, jackets, hair bands, head phones, stuffed toys...

6. Lice **CANNOT** hop, jump or fly, rather they crawl
7. Lice do **NOT** discriminate! Anyone can get lice.
8. Lice do not equal uncleanliness...in fact, bathing won't kill lice. Lice are **NOT** a reflection of bad parenting.

What do they look like?



They are VERY small. Left– two louse between a penny and matchstick. Bottom– 1 louse and 4 nits by a hair pin.



Above: A louse intertwined in dark hair. They are easier to see in dark hair than in light hair.

How do you treat the person?



There are many methods for treating lice including over the counter products and natural products. This newsletter is not to tell you what you should use or promote one method over the other. The purpose of this is to share what resources are available as well as the process that needs to take place if lice have been found on you or your child's head and in the home.

Regardless of your method of choice, there are two steps. First, you have to kill the living lice, then you have to nit pick and comb to get rid of the eggs.

Chemical treatments and combs can be found at your local drugstore, WalMart,

and in some specialty stores. Be careful to follow the directions closely when using the chemicals. Do not leave the product on for extra time, avoid eyes, etc. Also, remember the head lice treatments are NOT preventative...they are for treating lice when they are found.

Below are two more natural options:

Olive oil: Saturate head with olive oil and cover with a shower cap for a minimum of two hours, but no longer than eight. Comb through hair to remove dead/dying lice using a metal nit comb (see picture above). When using the comb make sure that when you find lice

to wash/remove them from the comb before continuing. After you finish, wash out the oil.

Dish soap, Vinegar, Tea Tree Oil:

1/3 cup dish soap (Dawn works well)

1/3 cup white vinegar

3 tlbs. Tea Tree Oil found at Wal-Mart or CVS

Leave on scalp for at least five minutes. Rinse well with water, dry the hair with a blow

dryer and heat (if possible)

Comb hair gently and pull nits (eggs) from the hair shaft

Repeat in three to four days

What about my house?

Treating the home, while important is certainly second to treating the head. Remember, lice are parasites and feed off of human blood...that's where they spend most of their time.

That being said, here are some things to do at home:

- Bag up all stuffed animals, toys with fir, jackets, coats, and clothing that cannot be washed. You will seal these items in trash bags for 14



days. Remember, the lifecycle is 14 days or less.

- Vacuum all carpets—especially those that are highly trafficked by your children
 - Wipe over furniture (lint rollers and vacuums work fine)
 - Bag up throw pillows and blankets
- Wash and dry bedding on hot settings. Each day for 14 days put bedding in the dryer for 30 minutes on high heat
- Wash clothes in hot water and dry on high heat. When kids get home from school, put their clothes in the dryer on high heat
- Lint rollers work great on hats, bike helmets, book bags, etc.
- Hair items can be simmered in hot water on the stove

What other resources are available?

Here is a list of resources I used to gather the information for this newsletter. Wilmington does have a local nit-picker. The Lucky Lice Lady, Rebecca Busch has been "nit-picking" since 2008 and has been featured in the Star News many times. She can be found at <http://luckyladyliceremoval.knotmaster.com/>. Her email address is Rebecca@knotmaster.com. Her phone number is 910-791-4877.

Other resources:

1. <http://liceknowingyou.com/symptoms-facts-of-lice.html>
2. <http://www.carolinalicereoval.com/Services.aspx>
3. <http://www.headlice.org/faq/lousology.htm>
4. http://firstaid.about.com/od/children/ss/08_Head_Lice.htm

5. <http://www.eatonpta.org/pta-news-alerts>

6. Texas Dept. of State Health Services

