Welcome Back! We Need Your Help!!

As our children wind up their adventures from summer and think about returning to school, it is once again time to be on our guard against head lice. While head lice do not carry disease, they can be an incredible nuisance and very challenging to get rid of! So as a community, we can work together to keep our environment inhospitable to head lice. The following measures will go a long way toward curtailing the spread of lice:

1. Parents-PLEASE check your child for signs of head lice 1-2 times a week before school starts, after sleep-overs, and 1-2 times a week through the fall.
2. Discourage the sharing of combs, bike helmets, hats, or clothing.
3. Long hair might be best managed in braids or other styles that limit exposure.

During head checks:
Use a strong light source and spend about 5-10 minutes per head. Section off small areas of hair and check the scalp and hair shaft for live lice and nits. The louse is about the size of a sesame seed and can be tan, grayish, or black in color. They cannot jump, hop or fly but they do move very quickly. The nits are tear shaped and can be white, clear or dark in color. They are cemented to the hair shaft and do not move when you gently slide your fingers over them.

If Head Lice are found:
Treat your child with an over the counter treatment shampoo and attempt to remove all nits. It can be very tiresome for your child and you, but it is the only way to ensure that the treatment will work. Be sure to remember to do a thorough cleaning of clothing, personal items, furniture, cars and carpets.

Thank you for your help!!!

Elaine Elliott
OES School Nurse