Head Lice Illness Notification Recommendations

The verbiage below can be used to notify parents of *one or more cases of lice in a classroom*.
Include this fact sheet with the notification: milivcounty.gov/wp-content/uploads/Head-Lice.pdf.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

At least one student in your child's classroom has been diagnosed with head lice.

About Head Lice:
Head lice are small insects, about the size of a sesame seed. They live on the scalp, eyebrows, and eyelashes of humans. Head lice feed on human blood several times a day. They cause itching (caused by an allergic reaction to the bites) but are not known to spread disease.

Head lice move by crawling, they cannot jump or fly. They spread by direct contact with the hair of an infected person or by sharing personal items like hats, brushes, hair accessories, coats, towels, or bedding. Lice can also spread by placing your head on furniture or car seats that were recently used by someone with lice. Theater seats, airline seats, and headphones are commonly linked to the spread of insects like lice.

Common symptoms include itching around the ears and the back of the neck, a tickling feeling of something moving in the hair, and nits attached to the hair approximately ¼ inch from the scalp.

Next Steps for Your Family:
If your child has evidence of head lice, treat it using an over the counter or prescription medication. 1% synthetic permethrin lotion is the most widely used treatment for head lice. Check and/or treat all household members and other close contacts of the child at the same time. For head lice treatment guidelines, talk to your healthcare provider or visit: www.cdc.gov/parasites/lice/head/treatment.

Tips to Reduce the Spread of Head Lice:

- Avoid head-to-head contact during play and other activities at home, school, or elsewhere.
- Do not share personal items such as brushes, combs, hats, etc. Place hats and scarves in coat pockets when not in use.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup of household bleach.
- Wash and dry clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric.
- Read When and How to Clean/Disinfect Your Home.

If you have any questions, contact your healthcare provider or Livingston County Health Department at 517-552-6882.