



MILFORD PUBLIC SCHOOL

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Head Lice information: Lice are not harmful, but can be inconvenient. They cannot jump or fly, and are only transmitted by direct contact from one person to another or with an infested person's articles (combs and brushes, hats and scarves, bedding and upholstery). Head scratching and intense scalp itching are the most common symptoms of infestations. Anyone, adult or child, can get head lice. Please check your child's hair tonight. If you do find head lice or nits (lice eggs), follow the steps below to help keep head lice and their eggs out of your child's hair:

- **Check all family members** for lice and nits (lice eggs). Lice are grayish-tan, wingless insects about the size of a sesame seed; while nits are tiny and are grayish-white, oval shaped and are glued to the hair shafts close to the scalp. Any family member with lice or nits must be treated.
- **Treat with a head lice shampoo and combing tool.** Contact your physician or pharmacist for his/her recommendation. Before using any lice shampoo, read and follow ALL package directions. Consult your pharmacist or physician, if you are pregnant, nursing, have allergies, using medication, or discover lice/nits in the eyebrows or eyelashes.
- **Remove ALL nits** by gently combing your child's hair with a special nit removal comb.
- **Wash clothes, bed linens, and towels.** Machine wash in hot water. Then dry on the hot cycle for at least 20 minutes. Non-washables (stuffed animals, headphones, hair accessories) can be vacuumed, dry cleaned, or stored in a tightly sealed plastic bag for two weeks.
- **PLEASE WASH YOUR CHILD'S COAT**, since coats hang together in the classroom.
- **Combs and brushes** should be soaked in hot water (at least 130 degrees F) for 5 to 10 minutes.
- **Vacuum** carpets, upholstery, mattresses, pillows, and any car seats.
- **Please notify the school nurse if your child has head lice or nits.** Relatives and other close contacts should also be notified.
- Our school nurse recommends that parents check school-age children's heads weekly for signs of lice or nits. "**Once a week, take a peek.**"
- **Head lice treatment products** should only be used if active head lice or nits are found. Treatment should not be applied as a preventative measure. Choose a product that kills nits and adult lice. Follow product recommendations for re-application in 7-10 days.

If you have any questions, please contact the school nurse.

Milford Public School- Health Office

Where Mustangs Rule