

Redondo Beach Unified School District
Health Services
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Dear Parents,

Every year there are multiple questions regarding head lice. This information is being provided to encourage parents to take a proactive approach to becoming informed about head lice, preventing the spread of lice and treating cases of nits and lice effectively. While head lice do not spread disease, they are a nuisance condition that must be diligently treated to eradicate. Many of parent's questions can be answered by reading the information found on the websites below and we encourage parents to use these as resources to be informed.

Please check your child's head daily for signs of head lice. Symptoms may include excessive itching of the scalp and the presence of tiny nits or eggs close to the scalp.

If Lice are detected:

- **Keep your child home until the head lice infestation has been treated .**
- REPORT IT TO THE SCHOOL AS WELL AS THE Child Development Center IMMEDIATELY.
- Treat your child's hair immediately with lice shampoo found at your local drugstore.
- Please note that shampoos will NOT get rid of nits, only bugs. To get rid of nits, a nit comb is useful but usually some nits must be removed one at a time, by hand. Nit combs can be purchased at drugstores or are often included with the lice treatment shampoos.
- Clean all brushes and combs in hot water (130°)
- One treatment is often not sufficient to get rid of the problem. Continue checking your child daily and remove any nits as you find them.
- Repeat medicated shampoo treatment as recommended by the manufacturer, usually in seven to ten days.
- Household items need to be treated as well. Any cloth objects (bedding, pillows, stuffed animals, dolls, etc.) need to be washed in hot (130°) water and dried on the high heat cycle, dry cleaned or bagged for two weeks. Anything that cannot be bagged (couches, mattresses) should be treated with vacuuming, or cleaning. Chemical sprays are usually not needed.
- The best defense against re-infestation is diligent checking and the removal of any new lice or nits when found.

Thank you for your cooperation. We feel sure that the spread of this condition can be kept to a minimum if everyone is aware of the problem and some of the solutions.

Useful websites

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/2012SchoolGuidanceonHeadLice.pdf>
<http://www.cdc.gov/lice/head/prevent.html>