

HEAD LICE PREVENTION TIPS

AT HOME:

Educate your children about lice--explain why it is not a good idea to share their friends' combs, hats, bows or helmets.

Take 10 minutes per week to check your child's scalp for lice and nits. Check more regularly if your child has recently attended a special event: a birthday party, a slumber party, a children's movie, an activity involving helmets, an overnight camp.

If there are cases of head lice in your child's class, check your child's head daily for at least 3 weeks.

Do a special screening before the first day of school, and before returning from school vacations.

Don't share combs, brushes, pillows or head gear. Label a brush for every family member.

AT SCHOOL:

Instruct your children to store their coats and hats in their backpack. (Be sure to buy a backpack big enough to fit their belongings.)

Instruct your children not to share helmets, hats, headphones, brushes, smocks or clothing in school.

Label your children's clothing so it is easily identifiable and less likely to be used by others.

DURING EXTRA-CURRICULAR ACTIVITIES:

Purchase your own helmets for sports activities (baseball season is a popular time for head lice!).

Remind your children to put their coats in their backpacks at their after school activities. Instruct them never to throw their coats or sweatshirts in a pile. Place any change of clothes in a closeable bag.

If you are hosting a party, avoid games with masks, hats, dress-up clothes, or blindfolds.

For more information, call the School Nurse, or the National Pediculosis Foundation at (614)559-8129