

Dear Elmbrook Parents...

Head Lice. It's every parent's nightmare, but it is important to remember that head lice is a nuisance, not a serious disease or a sign of poor hygiene. Here is some information that you may find helpful when dealing with this pesky problem:

Parents should inspect their child's hair several times a week for lice and/or eggs (nits) for 2 weeks when a case has been reported in your child's class. This is important so the lice can be discovered early and treated promptly. Please remember to check your child's head after holiday and vacation breaks. Depending on the length of your child's hair, a thorough hair check can take as long as 30-45 minutes. Parental involvement with completing *frequent thorough* checks is the only way to prevent an outbreak in a classroom.

Head lice are tiny insects that are light gray to brown in color. They lay their tiny white eggs (nits) on the hair shaft, close to the head. Unlike dandruff, they adhere tightly to the hair shaft and are not easily removed. They are not caused by lack of cleanliness. Head lice can be transmitted from person to person (head to head contact) and occasionally by sharing personal items such as scarves, hats and combs. Animals do not transmit head lice.

Head itching and scratching of the scalp may indicate that a person has head lice. Their presence can be confirmed by close visual inspection. (If you are unsure what to look for, ask your health room, pediatrician, or go to the Waukesha County Health Clinic 8-4pm M-F for a free inspection.)

- Check your child's head from the nape of the neck to the top of their head.
- If you find head lice, notify your school as soon as possible
- Keep your child home until they have been treated with a medicated shampoo that kills head lice. Some shampoos require a medical prescription; others can be obtained over-the-counter at your local Pharmacy (Nix or Rid).
- It is also important following the shampoo that you **remove ALL NITS (eggs) from your child's hair daily to prevent re-infestation.**
- Remember to check all members of the family, and treat those that also have head lice on the same day.
- Lastly, clean the environment and personal articles to prevent the spread of lice.
- Report to your health room upon returning to school after treatment.

Additional information can be found on the district website:

[Health Services Forms and Documents](#)

If you have any questions, please call Waukesha County Public Health Center (262)-896-8430.