



# The Shore Center

100 Tornillo Way

Tinton Falls, NJ 07712

Dear Parents and Guardians,

Every year we receive reports of head lice in some of our schools throughout the district. It is important that parents understand that head lice infestation is not a result of unclean homes or children. Head lice are usually transmitted from one infected person to another by direct contact with hair. Such contact usually does not take place in the school setting; but rather at sleepovers, parties, and sports, or in any situation where there is head and/or clothing contact. Head lice can be contracted through sharing a comb, brush, hat, scarf or helmet with a person who is infected.

We recommend that parents check their children frequently for head lice during the course of the school year. Mass screening of children in school has not proven to be nearly as effective as parents actively checking their children's heads at home on a regular basis.

It is important that communication between home and school be kept open. Please notify the school nurse if you suspect this condition in your child. Children who have live lice are excluded from school until they are treated and are lice free. Students must have hair re-checked by the school nurse before they are allowed to return.

What you should look for?

- Persistent itching or scratching behind the ears and back of neck.
- Head lice are tiny, the size of sesame seeds. They are grayish-tan, wingless insects.
- They do not jump or fly; they crawl on the scalp.
- Females lay eggs called nits that are glued to the hair shaft. Eggs hatch in 10 days.
- Eggs look like dandruff but unlike dandruff they cannot be easily flicked away.

What is the treatment?

- Check with your health-care provider about which treatment is best for your child. There are many over-the-counter shampoos as well as other options for removing head lice which don't involve chemicals.
- Remove all nits and eggs that may survive after treatment. This is the best way to ensure that the nits do not hatch and cause a re-infestation.

Please contact the school nurse with any questions or concerns you may have.