

Alachua County Public Schools  
Health Services Department  
**Lice Parent Letter**

Date: \_\_\_\_\_

**Dear Parents/Guardians:**

Pediculosis (lice) and/or nits have been detected in your student's hair. Lice are small, tan colored insects about the size of a sesame seed that lay tiny, gray/white eggs (nits) in the hair. Lice do not cause or spread disease. Head lice occur in all socioeconomic groups and do not represent poor hygiene.

**Transmission:**

Lice are spread by direct contact with the hair or headgear of a person infested with lice. Lice can only spread by crawling; they do not fly, swim or jump. They may also spread when a person shares items such as combs, brushes, hats, blankets, or pillows with another person with lice. Lice can live only 1 to 2 days away from the scalp. Pets do not get or transmit lice. Lice do not jump, fly, or swim.

**Signs and Symptoms:**

Symptoms include lice visibly crawling on scalp and hair and/or nits (head lice eggs) adhered to hair shaft, tickling feeling or something moving in the hair, itching and scratching on the scalp, sores on the head caused by scratching and/or irritability and trouble sleeping. Eggs (nits) may be glued to the hair shaft close to the scalp.

**How is lice identified and treated:**

Lice and nits can be identified by carefully inspecting hair with a bright light and/or a magnifying glass. There are a variety of treatments for lice. Treatments that kill lice and most eggs are available in drug and grocery stores. It is extremely important to follow the directions on the box and not overuse these chemicals. Suggested remedies using common household products (e.g., salad oils, mayonnaise, Vaseline) have not been shown to be effective. It is more important to comb the hair with a special nit comb to remove lice and nits daily for 2–3 weeks. There is also lice and nit treatment facilities in Alachua County and/or you can get a prescription from your doctor to treat lice/nits.

**School Exclusion:**

Student must be free of lice and nits to return to school. After lice treatment at home, the student must report to the health room clinic with Parent/Guardian to be examined by School Nurse for lice/nits before they can return to class.

Please contact our School Nurse with any questions or concerns.

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School Nurse

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Phone