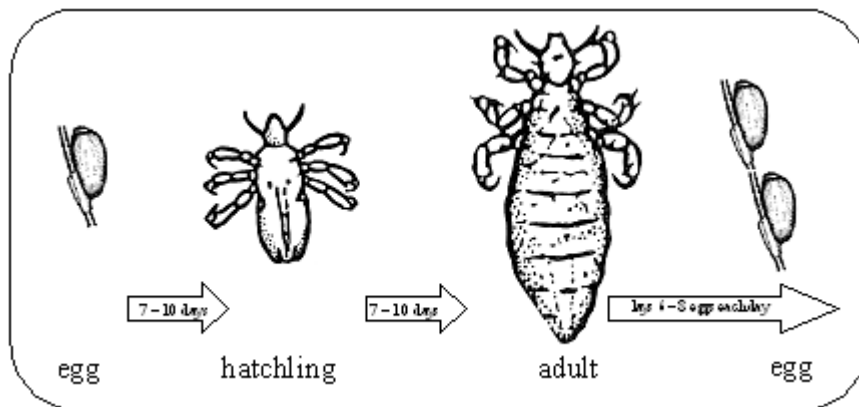


## Head Lice Question and Answers

### Q1: What is Head lice?

- A: Head lice are parasites that only infect human scalps. They bite and make the scalp itchy. Head lice are an ongoing problem but are not a major public health concern as they do not spread disease. Adult head lice lay about 10 eggs (called nits) every day. These nits are stuck to the hair near the scalp. They are as tiny as dandruff or about 1/3 the size of a sesame seed. It takes 7-10 days for the nits to hatch. After the head lice hatch, the shell of the nit stays stuck to the hair. If it is more than 12 mm (1/2 inch) away from the scalp, it is probably empty. It takes 6-10 days for the lice to become adult. During that time, it stays on the head, but does not lay.



### Q2: How does a person get head lice?

- A: Lice are spread by head-to-head contact and by sharing brushes, hats, or other clothing or items that come in contact with the head. Lice are common where children play or work closely together.

### Q3: What do you do if your child has head lice?

- A: His/her teacher must be informed immediately so that the school can provide the parents the necessary literature and advice on beginning treatment as soon as possible. This information will remain confidential.

- The child can continue to have contact with others for the remainder of the day. Children should not be excluded from the community or school due to head lice.
- Information letters will be sent out to the classroom affected to notify parents to check their child's hair.
- If there are problems with the treatment, parents are encouraged to consult a public health nurse at [604-587-4600](tel:604-587-4600) for information and resources or access information on the following Fraser Health website [http://www.fraserhealth.ca/your\\_health/school\\_health/head-lice/](http://www.fraserhealth.ca/your_health/school_health/head-lice/)
- Check the heads of all family members for lice and nits as they are easily spread. See the following Fraser Health website link on how to check for nits. <http://www.fraserhealth.ca/media/ClassroomLiceLetter.pdf>.
- Treat all infested family members at the same time otherwise you may not rid your house of the lice and the infestation will continue despite the treatments given.
- Clean all your bed sheets, clothes and items that may come in contact with the infected person.

#### **Q4: What can I do, and how can I help?**

- A: Keep long hair tied back when lice have been identified in your school
- Teach your child to not share hats, brushes, helmets, hair barrettes and towels
- Check your child for lice if he/she is scratching their head or if a friend/classmate has head lice. See the following Fraser Health website link on how to check for nits. Also check the heads of all family members for lice and nits as they are easily spread <http://www.fraserhealth.ca/media/ClassroomLiceLetter.pdf>.
- Treat all infested family members at the same time otherwise you may not rid your house of the lice and the infestation will continue despite the treatments given.
- Clean all your bed sheets, clothes and items that may come in contact with the infected person.
- As a preventive measure the Capitol Hill Elementary School through the PAC has successfully set up a Lice Screening committee made up of volunteer parents that come into the school to inspect each child's hair for lice. There

are 400 students in the school and we need a number of willing volunteers to be trained and help inspect each student's hair for lice. It has been proven that schools that have parents that are well-informed and check their children's hair regularly combined with the lice screening conducted at school greatly reduces the risk of head lice.

- There were 6 cases of reported head lice in 2012, 11 cases in 2013 and 3 cases in 2014. This fall there are 2 reported cases. In order to set up a formal lice screening committee for this year to prevent any further spread, we need at least 12 parents to volunteer and receive training to help screen our children to prevent the further spread of head lice. It will only take 15 minutes to train and  $\frac{3}{4}$  of a day to screen all 400 students. Please complete hand in the following volunteer form to the school office or email to: [annandglen@gmail.com](mailto:annandglen@gmail.com) or [capitolpac@gmail.com](mailto:capitolpac@gmail.com)

Name \_\_\_\_\_

Day Phone # \_\_\_\_\_

Evening phone # \_\_\_\_\_

Email: \_\_\_\_\_

If you have any questions or concerns please email Glen Kent at the above email address. On behalf of the PAC we appreciate your cooperation and assistance.