

# KNOXVILLE SCHOOL DISTRICT #202

## 2018-2019

Here are some guidelines to follow when your student has been found to have lice.  
The lice must be treated prior to returning to school.  
Upon returning to school the student must be seen by the School District Nurse.

### **LICE Looks like:**

1. Lice are about the size of a sesame seed.
2. Lice can be tan, brown, or gray. A bright light helps to look behind ears & around the nape of the neck.
3. Lice eggs (called nits) are tiny, white, oval size. They are attached to the hair close to the scalp.
4. Small red bumps may be caused by scratching.

### **Facts about Lice:**

1. Head lice do not transmit disease and are not dangerous. They do spread easily, making it a community issue.
2. Anyone may experience head lice.
3. Head lice are mostly spread by direct head-to-head contact -- for example, during play at home or school, slumber parties, sports activities or camp.
4. It is possible to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing, hats, scarves, book bags, coats, or other personal items, such as combs, brushes or towels.
5. Head lice crawl and feed off of human blood. The louse can live only a few hours off the head.
6. Home remedies and mayonnaise DO NOT WORK.

### **Signs and symptoms of head lice:**

1. Tickling feeling on the scalp or in the hair
2. Itching (caused by the bites of the louse)
3. Irritability and difficulty sleeping (lice are more active in the dark)
4. Sores on the head (caused by scratching, which can sometimes become infected)
5. Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation
6. They are most commonly found behind the ears and near the neckline at the back of the head
7. Lice prefer clean hair, so lice do not signal poor hygiene.

### **Treatments ~ there are over the counter and prescription treatments that do not require nit combing. :**

1. **Follow treatment instructions.** Only use extra amounts or multiple applications if directed by healthcare provider.
2. Family bed linens and recently used clothes, hats, headbands, coats, scarfs, and towels should be washed in very hot water (above 130 degrees). After washing, dry them in the dryer's hot cycle for at least 20 minutes.
3. Personal articles, such as combs, brushes and hair clips, should also be washed in hot soapy water (Above 130 degrees) for 10 minutes or throw away.
4. All household members and other close contacts should be checked, and those with evidence of an active infestation should also be treated at the same time
5. Vacuum furniture, rugs, car seats, and throw pillows to remove lice or hair.

If you have any questions or concerns please contact,  
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