

Please note there have been cases of head lice noted (pediculosis) in each of the elementary schools and the middle schools in Natick. Lice may affect individuals of any age, sex, ethnicity and economic level.

Here are some suggestions if your child has lice: if you suspect your child has lice, please have the case confirmed by your health care provider or school nurse. If your child has lice, it is very important that you PLEASE notify the school nurse.



- 1. Consult your pediatrician (never treat a child under the age of 2 years of age, or a pregnant or nursing mother without first checking with your doctor) or pharmacist for which shampoo they recommend.
- 2. Closely follow the directions on the product you choose.
- 3. Wash all clothing, hat, scarves, pillowcases, bedding and towels that have been used by the child in the past 2 days. These items should be washed in **hot water**. Dry them in a **hot dryer**.
- 4. Wash all combs/brushes in the shampoo solution or in hot, soapy water for 5-10 minutes.
- 5. Put non-washable items (furry toys/pillows) in a **hot dryer for 20 minutes** or **dry clean** them.
- 6. For items that can't be washed or dry cleaned, place in a sealed plastic bag for 14 days (this would include items such as stuffed animals).
- 7. Thoroughly vacuum rugs, upholstered furniture, mattresses and car seats.
- 8. Comb out your child's hair with a "lice" comb; this comb may come with the shampoo, but it is also available at drug stores, supermarkets or department stores.
- 9. The "combing process", manual removal of nits, is extremely important. It's tedious & time consuming. Children usually tolerate the time better if they can watch a video, or by conversing with them.
- 10. Educate your child not to share combs, clothing, hats, etc. to prevent re-infestation.
- 11. Reassure your child they did **not** do anything "wrong" or that they are "dirty" because they have head lice.
- 12. Lice do not fly or jump, they crawl. Therefore, you may want to postpone any "sleepovers" until the child has been "lice free" for 14 days.
- 13. Follow the directions on the product you used; it will frequently recommend a second treatment in 7-10 days after the first treatment.
- 14. Dogs, cats and other animals do not get lice. **DO NOT** treat any of your animals.
- 15. Try and be patient, it is a time consuming process, but generally not harmful to children. It is best to try and keep a sense of humor and perspective about the situation.
- 16. Your child **must be checked by the school nurse prior to returning to school**.