**HEADS UP DWE!**

While lice is not a serious health issue, management and eradication of lice can be a stressful and time intensive experience for children and families. Please take the time to review this information sheet, and the useful website links and products.

**LICE FACTS FOR PARENTS**

* RELAX! Lice is very common in schools and daycares and is NOT a hygiene issue. (Some studies show that lice actually adhere more easily to clean hair!)
* EDUCATE YOURSELF! The primary mode of lice transmission in schools is through direct head-to-head or hood-to-hood spread (for example, in cloak rooms, shared lockers, etc.)
* EDUCATE YOUR CHILD! They should avoid touching other children’s hair, and never share hats, scarves or hair brushes/combs/accessories.
* REPORT your child’s infection to the school office. This allows the school to notify students and parents in the classroom, which may increase vigilance and quick detection of further lice cases.
* INSPECT your child’s scalp every so often. Look for both louse (the bugs) and nits (the eggs).
* LOUSE (the lice insect) are clear in colour when hatched, but quickly develop and reddish brown colour. They are smaller than a sesame seed!
* NITS (the eggs) are smaller than the head of a pin! They are brown or grayish-white, oval in shape and “glue” to the hair shaft, often close to the scalp.

ERADICATING a lice infection requires:

* MEDICATED LICE SHAMPOO: (your local pharmacy will carry several brands)
* WET NIT COMBING: Shampoos will not kill the eggs, so nit combing is required. While intensive and time consuming, the nits must be removed to avoid a repeat of the infection. Go to [www.licemeister.com](http://www.licemeister.com) to view an excellent instructional video on wet nit combing.

A lice infection should only be considered gone when all louse and nits are removed.

Helpful websites:

[www.headlice.org](http://www.headlice.org) [www.cps.ca](http://www.cps.ca) [www.interiorhealth.ca](http://www.interiorhealth.ca) [www.bccdc.ca](http://www.bccdc.ca)