



Fairbanks North Star Borough School District

FAIRBANKS NORTH STAR BOROUGH SCHOOL  
DISTRICT 520 Fifth Ave. Fairbanks, Alaska 99701  
(907) 452-2000

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

Dear Parent or Guardian,

There have been one or more cases of head lice in your child's classroom and your child may have been exposed.

### **What are head lice?**

Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood. An adult louse is the size of a sesame seed. Baby lice, or nymphs, are even smaller. Nits are the tiny, teardrop-shaped lice eggs. They attach to the hair shaft, often found around the nape of the neck or the ears. Nits can look similar to dandruff, but cannot be easily removed or brushed off.

(NASN Lice Lessons) Signs and symptoms are tickling, itching, irritability and difficulty sleeping, and sores on the head caused by scratching.

### **How are head lice spread?**

Lice do NOT hop or fly. They are spread primarily through direct head-to-head contact with infested hair. Shared objects that contact the head (hats, headgear, brushes, combs) are possible causes of spread but uncommon because lice prefer to stay close to the scalp where they feed.

### **What is the treatment?**

There are a number of available treatments, including new prescription treatment options that are safe and do not require nit combing. Follow the instructions that come with the particular product you are using. Some treatments require re-application seven days later. Only treat those who have live lice. There is no scientific evidence that home remedies are effective in treating head lice.

### **Should children with lice be excluded from school?**

Yes, when live lice have been confirmed the child is sent home and may not return until they have been treated.

### **How do you control the spread of head lice?**

- Immediately treat all family members who have live lice
- Mechanical removal of lice and nits using a special fine toothed comb
- Household and close contacts should be examined and treated if live lice are found
- Launder items that were in close contact with the person who has lice in hot water and hot drying cycle
- Put items that cannot be laundered in a sealed plastic bag for two weeks
- Discourage activities that cause head to head contact

Thank you for giving this your attention.