



DR. JOHN HUGH GILLIS REGIONAL HIGH SCHOOL

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Principal

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Dear Parents/Guardians:

There have been cases of head lice reported recently to the school. I would like to share some information with you in regards to the treatment and prevention of head lice.

Head lice are tiny insects and parasites of the human body which are most often attached to clean hair. They lay eggs called nits, which stick to the hair shaft, very close to the scalp. Head lice spread most easily through direct head-to-head contact or through articles used on the head or in the hair, such as hats, combs, brushes, ponytail holders, etc. Head lice occur mostly in children.

Based on Public Health Services information, the following sequence of treatment is recommended to break the head lice cycle: Please note that **two treatments are required** in order to completely break the head lice cycle:

- Two (2) head lice treatments, spread apart with a period of 7-10 days between treatments or as directed by the product.
- 1st treatment - kills live head lice.
- Some lice may hatch but they are adolescent nits that cannot lay eggs.
- Combing and nit removal is required on a daily basis.
- 2nd treatment - kills the adolescent nits and breaks the head lice cycle.

It is important that children be checked for lice. The following guidelines will be helpful in preventing the spread of head lice:

- Check your child's head regularly.
 - once a week as part of your routine
 - after every sleepover
 - every day during lice outbreaks at school
- Keep long hair tied back or braided.
- Teach your child not to share personal items that are used on their head. This means things like brushes, combs, barrettes, headbands, elastics, towels, hats, helmets, toques, and scarves.
- Teach your child to put their hats and scarves in their coat sleeves or backpacks when they take them off at school.

Our school and the Strait Regional School Board is committed to following the recommendations of health care professionals and supporting school communities in the treatment and prevention of head lice. Our focus is on the treatment and prevention of head lice in an effort to support student attendance and full participation at school, in accordance with healthcare standards.

For more information, I have also enclosed a copy of the Strait Regional School Board's brochure, *Head Lice: An Information Guide for Parents/Guardians and School Communities*. This document is available on the School Board website or by contacting our office.

If at any time you require further support on this matter, please do not hesitate to contact me.

Sincerely,

Chris Lumsden
Vice Principal

Enclosure