

Thomas Elementary

11221 Northridge Drive
Gretna, Nebraska 68028
402-332-5578

This letter is being sent home to inform you that there has been a confirmed case of head lice in your child's classroom today. To decrease the possible spread of lice head checks were completed by the school nurse. If you did not receive a call from me, than at the time of the head checks I did not observe lice or nits on your child. However, it is important for you to check your student for the next couple of days. Head lice is very common and often seen in schools because of the setting and close contact.

Ways to prevent spread are the following....

- Avoid head to head contact.
- Avoid sharing brushes, combs and hair ties.
- Avoid sharing hats, scarves, and coats.
- Daily head check when there has been a case in your child's classroom.
- Weekly head checks starting the first week of school through winter break.
- Wash coats, back packs, and other fabric items that come to and from school regularly.
- Contact the school nurse anytime you find head lice.
- Communicate with close friends and family to help prevent the spread, especially if having sleepovers or you know your child is in close contact with another child.

Treatments of head lice include the following....

- Medicated lice shampoo, you may buy over the counter or a prescription from your doctor.
- Comb through hair with the nit comb once or twice per day for two weeks.
- Retreat with medicated shampoo in 7-10 days according to the instructions.
- Wash all linens, blankets, stuffed animals, and pillows in 130-degree water and dry on high heat.
- Items that can't be washed should be placed in a trash bag for 2 weeks.
- Vacuum carpet and furniture daily.
- Check all family members head as well.
- Using a hot/flat iron on hair may also help get rid of the nits as it gets very hot and can be applied directly to the hair.

Visit the CDC website for more information at www.cdc.gov.

Sincerely,
Denise Osborn RN/BSN
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402-332-5578