

NORTH ISLAND SECONDARY SCHOOL

“Our central focus is to enable all learners to fulfill their potential”

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Principal:
Mr. J. Dixon
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Ms. S. Johnson

November 28, 2018

Dear Parents/Guardians:

There has been a recent case of head lice at North Island Secondary School. To prevent further spread, we request that you or your child check their hair for the presence of lice. If you notice any sign of lice, we also suggest that you do the wet combing process once a week as an early detection process. Should you detect an infestation, please contact the school and treat your child immediately. **Please refer to the information on back of this letter.**

Head lice are insects that live in human hair, tiny and hard to see, they bite our scalps to feed, irritating the skin and making it itchy. Lice lay eggs (nits) on hair strands close to the scalp. Nits are usually found above and behind the ears and at the nape of the neck. Unlike dandruff, nits cannot be brushed off. Head lice do not mean that your child is dirty. Anyone can be infested. Early treatment will prevent this problem from spreading.

Your cooperation is very much appreciated.

Sincerely,



Jay Dixon
Principal,
North Island Secondary School

HOW TO CHECK FOR LICE



1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, keep the teeth of the comb touching the scalp at all times.
5. Checking can be done with the head forward over the sink, combing from the back of the head to the front, or from a sitting position going from the front of the head to the back.
6. Pull the comb through the hair in one stroke. If the comb tugs, add more conditioner.
7. After each stroke, wipe the comb on a paper towel and look for lice.
8. Make sure to comb the entire head, checking for lice after each stroke.

If you find any lice, move onto the treatment process.

IF YOU FIND LICE

- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

Use this chart to keep track of the days (shaded areas) that you need to comb and condition.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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TREATMENT (IF YOU FIND LICE)

1. With the conditioner still on, pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
2. After each stroke, rinse the comb in warm water. Check the comb for lice before you pull it through the hair again to make sure you do not put lice back onto the head.
3. Keep combing over the entire head until you find no more lice.
4. Rinse the hair to remove conditioner. Leave the hair wet.
5. Untangle the hair with a wide-tooth comb to take out the knots.
6. Comb the whole head again with a lice comb, rinsing the comb after each stroke to make sure there are no more lice.
7. Keep repeating the steps **every 4 days** for a full two weeks to make sure that new lice are removed as the eggs hatch.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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8. If lice are found on the fourth combing, add one more combing in 4 days.

For more information, contact your local Health Unit:

www.islandhealth.ca/our-locations/health-unit-locations